

How often will I need to have this treatment?

This varies on your skin condition. We generally give treatments two to three times a week for one to two months before the next review by the doctor. The nurse will assess your skin condition at each visit. If required, a doctor will see you.

What are the possible side effects?

- Skin can occasionally become itchy and dry
- Sunburn reaction, usually develops 8 to 14 hours after your treatment and usually settles within 24 to 48 hours
- Tanning of the skin
- Skin aging
- Long term use of UVB increases the risk of developing skin cancer

Are there any follow-up appointments?

If you wish you could book your UVB appointments in advance. You will usually have a follow-up appointment four to eight weeks after your treatment, or sooner if you are having problems.



For appointments to our Dermatology Clinic, please call the Appointment Centre at Tel: (65) 6850 3333





Singapore General Hospital



Changi General Hospital



Sengkang General Hospital



KK Women's and Children's Hospital



National Cancer Centre Singapore



National Dental Centre Singapore



National Heart Centre Singapore



National Neuroscience Institute



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CGH Appointment Centre

For appointments and enquiries, please call: (65) 6850 3333

Operating hours:
8.30am to 5.30pm (Mondays to Fridays)
8.30am to 12.30pm (Saturdays)
Closed on Sundays and Public Holidays

For more information, please visit www.cgh.com.sg

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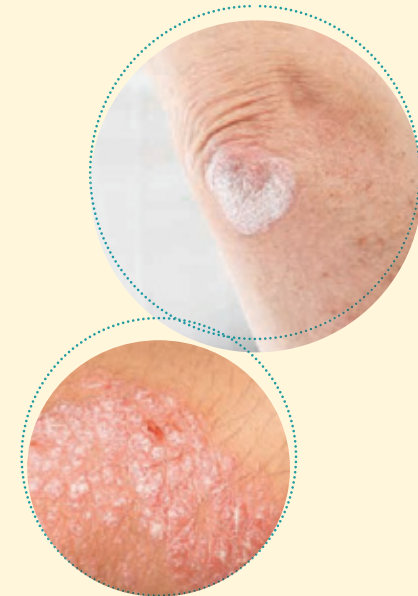
Narrowband UVB

What is Narrowband UVB?

“Narrow – band” refers to a specific wavelength of ultraviolet (UV) radiation, 311nm. This range of UV radiation has proved to be the most beneficial component of natural sunlight.

Narrowband UVB is now the most common form of phototherapy used to treat skin diseases like eczema, psoriasis etc.

Narrow Band Ultra Violet B (NBUVB) Phototherapy involves standing inside a closed cabin lined with ultraviolet lights.



What can Narrowband UVB treat?

It is mainly used to treat psoriasis, but it can also be used for other skin conditions (e.g., eczema, vitiligo, pruritus, lichen planus, mycosis fungoides and polymorphic light eruption).

Why should I have Narrowband UVB treatment?

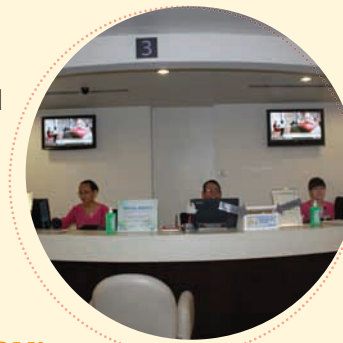
This treatment should help improve your skin condition. It is often recommended if you have tried ointments and creams and the condition is still not well controlled. However, it is sometimes used in combination with other treatments.



Taking consent

If you decide to go ahead with this treatment, you will be asked to sign a consent form.

You will be directed to the treatment room for counseling.



Registration

On your treatment day:

- Avoid using perfumed products (e.g., cosmetics, perfumes or after shave lotions). Some of these contain substances, which make your skin more sensitive to light.
- Do not use any creams or ointments before treatment, as these could cause burning and prevent the UVB from being absorbed.
- Reduce your exposure to sunlight, to minimise the risk of sunburn. Please do not sunbathe or use a sunbed throughout the course of treatment.



Waiting area

Things to bring before you come:

- A sunblock for the female
- A black coloured sock for the male

What happens when I get there?

You need to register at the clinic registration counter and you will be asked to wait outside the treatment room. The nurse will call you from the waiting area when the room is available. They will show you around the phototherapy room and will explain the procedure to you.

During treatment

You will have to purchase the goggles and face hood to protect your eyes and face. You will be asked to undress completely before entering the light box. However, men must shield their genitals with sock. This is to prevent burning of the thin genital skin. Women should apply sunscreen over their nipples. Apply emollients (e.g., liquid paraffin) before the light treatment. Wear the protective goggles and protect your face with the hood.



You will be given specific instructions on how to stand in the machine to ensure that all of your skin is exposed evenly each time. The initial exposure time will depend on your skin type (fair or dark) and skin condition. After we have calculated the correct dosage you need to press the “on” button inside the machine. You can hear a sound prompting you to put on your goggles for 10 seconds. Your starting dose of UVB may only be a few seconds and gradually increase as long as you have tolerated the previous treatment. At the end of each treatment, the alarm will sound. The lights will automatically be cut off and you may leave the cabin. A buzzer is present inside the machine. In case of emergency, press the buzzer for help.



What do I need to do after my treatment?

The nurse will give you flannel for you to wipe off the liquid paraffin or you can take a shower. You may want to apply your moisturiser or other creams and ointments after your treatment. You can get dressed and book your next appointment.