



Phototesting 照光测试



Changi
General Hospital
SingHealth

What is phototesting?

- ➔ Phototesting is a specialised procedure to look for an abnormal skin reaction to sunlight.
- ➔ In a standard phototest, a small area on the back is irradiated with different doses of UVA and UVB using a machine for over 1.5 to 2 hours.
- ➔ The test will leave patches of red to tanned skin if there is a positive reaction. This will take a few weeks to fade off.



Why do I need phototesting?

- ➔ Phototesting is required for patients who have skin problems that worsen with exposure to sunlight.
- ➔ Specific recommendations can be given if the wavelength of light that causes the skin problem is known.

How do I prepare for phototesting?

- ➔ There is no special preparation required. However, you need to give written consent for the testing.

What do I expect on arrival?

- ➔ You are required to register at the clinic registration counter and you will be informed to wait outside the treatment room. The nurse will explain the procedure to you and bring you to the private room for the phototest.

How will the phototest be carried out?

- ➔ In the private room, you will be asked to and wear a gown with an opening at the back. You are required to wear goggles and lie facing down on the couch.
- ➔ Your whole body will be covered with a black cloth, except for the tested area. The tested area usually include the lower back or buttocks.
- ➔ The nurse will shine different doses of UVA light followed by UVB light on the tested area over for 1.5 to 2 hours.
- ➔ You are required to come back the next day for review.
- ➔ The doctor will review and record any reactions on the test areas.
- ➔ The doctor will discuss the result of your phototest with you, and advise you on the appropriate treatment.



Tested area



UVA machine



UVB machine

Possible complications

- ➔ Phototesting may cause a skin reaction if you are sensitive to ultraviolet light. This may include itching, blister, pain and redness at the test areas.
- ➔ Uncommon to rare complications include flaring of pre-existing skin disease, skin pigment change, fever, malaise, infection or scarring.

Things to take note

- ➔ Do not take antihistamine or apply creams or moisturisers on the test areas for two weeks before the phototest and until the phototesting is completed. This is to prevent interference with the skin's reaction towards the test.
- ➔ Avoid exposing the test area to sunlight.
- ➔ Do not scratch the test area.
- ➔ Do not wash off the marks after the phototesting until your follow up with the dermatologist the next day.
- ➔ Do contact the clinic for advice if there is any irritation on the test area. Call **(65) 6850 3333** during office hours, or report to Emergency Department if the reaction is severe after office hours.



什么是照光测试？

- ➡ 照光测试是一种测试以确认皮肤对日光紫外线的反应。
- ➡ 在标准照光测试下，护士会使用一台机器在背部的一小部分照射不同剂量的紫外线A和紫外线B长达1.5到2小时。
- ➡ 如果测试结果有敏感反应，您的背部将会留下红或晒黑的痕迹。痕迹会在几个星期内消退。



为什么我需要照光测试？

- ➡ 照光测试是用来测试患者是否在阳光照射下，皮肤会变得更糟的问题。
- ➡ 医生会以照光测试结果来推荐治疗方法。

照光测试前须做什么预备？

- ➡ 您不需要特别预备。您只需要签同意书。

照光测试前须知事项

- ➡ 您需要在诊所登记处登记，并会被通知在治疗室外等待。护士会解释照光测试的程序，然后带您到测试房做照光测试。

照光测试是如何进行？

- ➔ 在测试房里，您需要更换露背的袍。然后佩戴护眼镜，俯卧在长椅上。
- ➔ 除了测试部位以外，其他部位会被黑色布覆盖着。
- ➔ 护士将为您照射不同剂量的紫外线光(UVA和UVB) 于身体不同部位，通常是在腰部或臀部。照射时间长达1.5到2小时。
- ➔ 您需隔天回院复诊由皮肤科医生审查照光测试的结果。
- ➔ 医生会检查并记录测试部位。
- ➔ 医生会与您讨论照光测试的结果，并建议您适当的治疗。



测试部位



紫外线A照射机



紫外线B照射机

照光测试可能出现的症状

- ➡ 如果您的皮肤对日光敏感，照光测试可能会引起皮肤敏感反应。这可能包括瘙痒，水泡，疼痛，或者发红的症状。
- ➡ 非常罕见的并发症包括皮肤病复发，皮肤色素改变，发烧，身体不适感染或留下疤痕。

注意事项

- ➡ 在照光测试的前两周，请不要吃抗组胺药品或在测试的部位上涂抹药膏和润肤膏，一直到照光测试完成为止。这是为了避免影响皮肤测试的反应。
- ➡ 避免将测试部位暴晒在阳光下。
- ➡ 切勿抓挠测试部位。
- ➡ 在测试后，不要洗掉身上的痕迹，直到第二天复诊为止。如果您的测试部位有任何的严重敏感反应，请在办公时间致电预约中心：
(65) 6850 3333。

若在非办公时间，请到急诊室求诊。





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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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Please do not disregard the professional advice of your doctor.