



Guidelines for Light Box

* We recommend each patient wear the same type of clothing for each treatment (i.e. if you wear a long sleeve shirt on your initial visit, be sure to wear a long sleeve shirt at each visit). This will prevent you from burning in newly exposed areas.

* Do not have any type of sunburn four days prior to the treatment.

* Do not wear sunscreen in the areas in which need to be treated, on the day of treatment. (If sunscreen is worn in other locations, be sure to wear sunscreen in the same locations each treatment).

* If we are treating an area on or around the eyes and you are not wearing goggles, please be sure to keep your eyes completely closed. (No Peeking).

* If we are treating the face, please remove all makeup.

* Photosensitive medications are medications that can affect the way your body reacts to sunlight or artificial light. When these medications are combined with sunlight or artificial light, they can cause inflammation of the skin, which will result in sunburn.

* Please be advised that if you are on any of the following medications listed below, that they

must be stopped during your Narrowband UVB treatments, unless otherwise directed by your physician. Oral medications **must be stopped two weeks prior** initial Narrowband UVB treatments.

I have reviewed the list below and am aware that i must stop all of these medications prior to treatment.

Antibiotics :Tetracycline, Doxycycline (Doryx, Periostat), Fluroquinone (Cipro, Levaquin, Ofloxacin, Sulfa (Bactrim, Septra).

NSAIDS: Ibuprofen (Advil), Ketoprofen , Naproxen (Aleve), Celecoxib

Diuretics: Furosemide (Lasix), Bumetanide, HCTZ

Retinoids: Isotretinoin (Accutane), Acitretin (Soriatane), all topical retinoids (differin, retin A, ziana, excetra), aczone

Hypoglycemics: Sulfonylureas (glipizide, glyburide)

Nuerleptics: Phenothiazines

Antifungals: Terbinafine (Lamisil), Itraconazole

Others: 5-FU, Amiodarone, Diltazem, Quinidine, Hydroxychloroquine (Plaquenil), Enalapril, Dapsone, Oxsoralen.

* **Please keep in mind these recommendations are for each light box treatment. Call us at (239) 561-3376 if you experience any of the following: Itchiness, Soreness, and Tightness.**