



UVB Phototherapy Information

What is UVB ?

Present in natural sunlight, ultraviolet light B (UVB) is an effective treatment for psoriasis, vitiligo and atopic dermatitis. UVB penetrates the skin and slows the abnormally rapid growth of skin cells associated with these conditions. UVB treatment involves exposing the skin to an artificial UVB light source for a set length of time on a regular schedule.

Who is a Candidate for UVB Treatments?

This treatment can be used in adults as well as children. It works best for psoriasis patients with thin plaques with moderate to severe disease. It also works well for patients with moderate to severe atopic dermatitis. Vitiligo is generally harder to treat and may require more treatments.

How is UVB administered?

The patient stands in a treatment light box lined with UVB lamps, or an enclosure containing one or more columns of lamps. The patient undresses to expose all affected areas to the ultraviolet light. We at FSC also have small units for treating localized areas such as the hands, feet and scalp.

The first exposure to the light is usually quite short, lasting as little as a few seconds. Exposure time depends on the person's skin type and the intensity of the light emitted from the bulbs. People with lighter skin start with shorter exposure times than people with darker skin. Dr. Badia will recommend the appropriate exposure times for your skin type.

How Often are Treatments Done?

The amount of treatments needed depends on the condition we are treating as well as the severity. Most patients will initially need treatments 3 times per week. Treatment times generally begin at a few seconds and increase to several minutes over time.

How Many Treatments are Needed?

Treatments are generally done 3x per week for several months. Improvement will be seen in most patients within 6 weeks but can vary depending on the severity.

Cost? For most patients, the treatment will be covered under their healthcare insurance. Each treatment done in our office is considered an office visit however.