

**ADELAIDE SKIN & EYE CENTRE
PHOTOTHERAPY PATIENT INFORMATION**

WHAT IS PHOTOTHERAPY?

Phototherapy is when artificial ultraviolet light is used to treat various skin conditions such as psoriasis, eczema etc. Treatment is given in a large walk in cabinet (body treatment) UV rays.

UV RAYS?

Rays from the sun are called ultraviolet or UV rays.

UVA rays have a long wavelength that penetrates deep into the lower layers of the skin (dermis).

UVB rays are shorter wavelengths absorbed by the upper layers of the skin (epidermis) and can cause burning or tanning. UVB is safe to use in pregnancy and breast-feeding.

UVC is a very short wavelength ray and is filtered out by the earth's atmosphere.

Skin changes

Prolonged and repeated courses of Phototherapy can increase the risk of cancer. If you notice a change in your skin during or after treatment, inform the Nurse at your next treatment.

Premature Skin Aging

Long term UV exposure can lead to skin aging, wrinkling and dryness of the skin which can be reduced by using moisturizers several times a day.