



Narrow Band Phototherapy

General Information

Narrow band UVB light treatments involve ultraviolet light treatment delivered to your skin. No additional medications are typically needed for your skin during the light treatments.

Additional Points:

1. Narrow band treatments cannot be administered any more frequently than every other day.
2. The treatments are ideally administered approximately 48 hours apart, three times each week on Mondays/Wednesdays/Fridays.
3. Most common short term side effects of this treatment are redness, blistering, discomfort, and pain (like a sunburn). Other side effects are detailed on your consent form.
4. Your doctor will determine when to taper or stop your treatments. For this reason, follow-up visits with your dermatologist will be periodically needed during your treatment.

Recommendations:

1. Avoid additional exposure to ultraviolet light, as may be present in tanning beds or excessive periods of time spent outdoors.
2. If sunburn, blistering, red discoloration with significant discomfort, or any other severe symptoms occur, contact the office at (402)933-3770. For any other more mild symptoms, please report them to the office personnel prior to your next light treatment when you return.