

South Shore Dermatology Physicians, P.C.
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Information for Patients Undergoing UVB Phototherapy

1. Phototherapy is carried out in the office by appointment at a frequency to be determined by your doctor. We will try to accommodate your schedule as much as possible within the office hours. As a courtesy to other patients who have phototherapy scheduled, we ask that you be on time for your treatment. When you come to the office, please be sure the receptionist knows you are here for phototherapy, so that you will not be kept waiting. At times, the nurses may be busy assisting patients; this may result in a slight delay, but they will make every effort to minimize this.
2. You will need a pillowcase to cover your head and neck during treatment, sunscreen SPF 15 or higher and eye goggles, which may be purchased in the office. Male patients need a white sock to cover genital area during treatments. You may wish to bring a robe to wear to and from the photo booth. Also, you may need a t-shirt to shield your body if your arms and legs need longer exposure.
3. Please become familiar with the safety features of the ultra-violet light box, such as the position of the handlebars and the call button, which is to be used to interrupt your treatment at any time. In addition, you should become familiar with the length of time you are treated.
4. Periodically, your doctor will be evaluating your progress; those visits will be treated as routine office visits. Please try to anticipate your need for prescription refills or any other concerns you may have.
5. You may experience some pinkness or redness of the skin after light treatment. This may either be localized to a small area or more generalized. If you feel that your skin is too sensitive to tolerate another light treatment, please call the office and speak with one of the nurses and inform her of this. Your orders will be adjusted accordingly.
6. Phototherapy is generally covered by insurance so we will bill your insurance for all light treatments. Please be sure to check with your insurance company if cost is an issue. Many insurance policies have co-payments for phototherapy, so please be prepared to pay your co-payment at the time of service.

If you have any questions, please feel free to contact our office at 508-535-3376 (DERM).