

INFORMATION LEAFLETS FOR PARENTS/CARERS OF A CHILD FOR ULTRAVIOLET (TLO1) TREATMENT



What is Ultraviolet Light?

Ultraviolet Light contains special wavelengths that are included in sunlight. In dermatology, ultraviolet light is a therapeutic treatment for various skin disorders and is called phototherapy. The source of emission of ultraviolet rays is by fluorescent lamps or tubes in a walk-in cabinet (machine) called TL01.

What conditions are treated with Ultraviolet light?

This treatment has been found to be particularly useful for many skin conditions including psoriasis and eczema.

Where do I have Ultraviolet treatment?

Ultraviolet Light treatment is carried out in the Dermatology Department on the 2nd Floor of the Medical Tower.

What happens when I get there?

First, a member of the phototherapy staff (dermatology nurse) will go through the phototherapy documents used before starting treatment. They will show you around the unit and will explain the procedures and show you to the machine.

Prior to treatment, the reaction of your skin to ultraviolet light will be measured to ensure you receive the appropriate dose and subsequent exposure time will be increased accordingly. This procedure is called a MED (Minimal Erythema Dose). You will be asked to lie on a bed and a card with eight squares is applied to your back. Then a light is shone on your back. This takes about 20 minutes. Afterwards, using a special pen, the squares are drawn on your back.

You need to return to the department 24 hours later to see if there is a little redness in the squares. The dose is calculated, you will then step into the cabinet and the treatment can begin. You can open the door of the cabinet at any time and it has a window so the nurses or parents can view you at any time.

How long does the treatment last?

Treatment is usually carried out three times per week (Monday, Wednesday & Friday.) unless your Consultant decides differently, and usually continues for 6-8 weeks. The timing in the ultraviolet cabinet varies from a few seconds to minutes.

The nursing staff need to assess your skin at each visit. If required, a doctor will see you.

Please follow the guidelines below to assure a smooth and effective treatment experience.

Perfumed products: Do not use cosmetic or any perfumed preparations on your skin prior to treatment as these may make you sensitive to TL01.

Moisturisers: Apply moisturising cream daily, e.g., Diprobase, Epaderm Cream or if skin is quite dry an ointment Emulsifying Ointment or Epaderm Ointment. There should be a gap of at least 2 hours before the application of moisturiser and ultraviolet treatment unless otherwise indicated.

Medication: Inform the nurse or doctor if any oral medication before or during course treatment.

Other topical treatments: No other topical (skin) treatments should be used unless prescribed by your consultant.

Sunbathing and sunbeds: Avoid any other forms of ultraviolet light while on treatments e.g. sunbeds, or sunbathing. You are advised to wear Factor 50 in the summer on sunny days.

Genital protection: If male, you must wear UV protective underwear whilst exposed to light therapy. The nurse will advise and provide the necessary underwear.

Protective goggles: All patients must wear UV protective goggles when exposed to light therapy to prevent damage to eyes

Jewellery: All jewellery must be removed prior to each treatment as this can lead to irritation/burning of the skin.

Haircut: Patients should inform the nurse if they change their hairstyle as they may experience burns on previously unexposed skin.

Your treatment is planned specifically for you. If you have any questions about any aspect of your treatment, please ask any member of staff while you are having treatment.

Possible side effects of TL01

- Short term - Redness, Tenderness, Itching
- Long term - Premature Aging (dryness, freckling and wrinkling).
- Possible increase of skin cancer.
 - This increased risk is related to the total lifetime ultraviolet light exposure from sunlight and sunburn like reaction from ultraviolet light. This can occur after repeated courses of ultraviolet treatments.

If symptomatic erythema i.e. painful or burning discomfort, cooling emollients such as Silcock's Base or Epaderm cream should be applied every few hours and a topical steroid. If this occurs, treatment may be deferred until the redness subsides. If severe redness, a more potent topical steroid e.g. Betnovate/Elecon should be applied once daily in addition to soothing, cooling emollients. Regular paracetamol can be recommended for any systematic symptoms such as shivering.

Patients who develop severe redness (erythema) should attend the department the following morning, Monday to Friday, for review by medical staff if signs/symptoms are not settling.

Contact Details

Please contact one of our team member for advice during the hours of 8:00am – 5:00pm

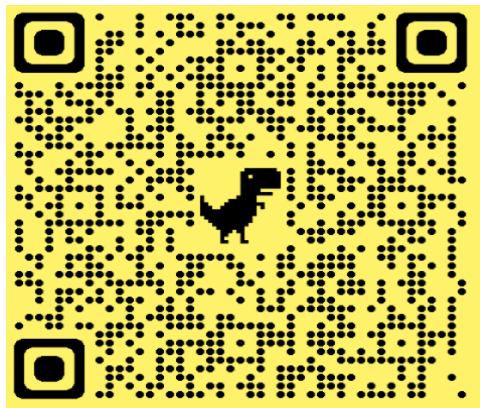
Contact Number: 01- 428 4532 or 01- 409 6100 Bleep 8322 or 8496.

Out of Hours

Weekends, after 5pm or when the dermatology staff are not available patients seek advice from their own GP if redness is not settling.

To ensure effective treatment, it is important to attend regularly. If you have to cancel an appointment, please let the unit know in advance- Phone 01 428 2532

NON-ATTENDANCE ON A REGULAR BASIS WILL DISQUALIFY YOU FROM TREATMENT.



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