



Document:	Instructions for the Use of Home Narrow-Band UVB Therapy for Vitiligo
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Date:	February 10, 2016

Please read the information below before using home phototherapy

1. Make sure you wear goggles for eye protection. Exposing the eyes to the light can result in damage to the cornea or cataracts. If you have vitiligo on the eyelids and your physician has instructed you to treat this area, you may expose the eyelids to the light as long as you keep them closed. Studies have shown that UV light does not pass through the eyelids.
2. Nipples should be shielded by applying sunscreen with SPF of 30 or more to both before each treatment.
3. Genitals in men should be shielded during each treatment. It is not necessary to shield any skin other than nipples in women.
4. Anyone else in the room should wear UV eye protection as well as full body skin protection (clothing/sunscreen)
5. If clothing is worn during phototherapy, the exact same area should be covered at each session to prevent accidental burns to skin not exposed in the previous session.
6. Limit natural sun exposure and use appropriate sunscreens as directed by your physician. A minimum of SPF 30 sun block should be used on any sun-exposed areas. Too much sun exposure will limit your ability to increase the dose of light from your home NBUVB machine. The use of tanning beds is **prohibited** while you are receiving narrow band UVB therapy.
7. Do not use any other form of treatment for vitiligo (including over-the-counter medications) unless approved by your physician.
8. Some medications can cause sunburn when combined with phototherapy. If you are placed on a new medication by a physician and you are not sure if it has this side effect, please call our office at ***** for instructions.
9. Before using home phototherapy, make sure you have **not** applied any type of lotion to the skin for at least 4 hours prior to treatment. If so, wash it off before treatment.
10. A non-alcohol based moisturizer may be applied daily after phototherapy to prevent dry skin.

11. Use the dosing chart to determine the time of exposure. Follow the column that corresponds to the times instructed by your physician (10% or 15% increase per treatment)
12. Record the date and time of each treatment and bring the log to each follow-up visit with your physician. Stand 6-9 inches away from the panel for each treatment. You may want to place a little piece of tape (or other mark) on the floor to mark the spot where you will stand for each treatment.
13. If you have vitiligo on both sides of the body and have a single panel home phototherapy unit, you can set the panel to double the treatment time. A timer should be set to ring after half the time goes by at which time you should turn around to expose the opposite side of the body.
14. Your unit has a lock out mechanism for your safety. Call the phototherapy clinic with the code that is flashing on your unit and we will give you a code to enter for more treatments. You must keep your follow up appointments to receive additional treatments.
15. Possible complications of UVB phototherapy treatments include: Sunburn reactions, corneal damage, freckling and aging of skin and skin cancer. There is no increased incidence of melanoma with phototherapy for vitiligo. There is a small increased incidence of squamous and basal cell carcinomas with UVB phototherapy in patients with light or medium toned skin.
16. Please call our clinic at ***** if you have any questions or concerns.

3 Day/Week Home Phototherapy Instructions

10% Dose Increase

Device Irradiance: (mW/cm ²)	3	Dosing Level #	Dose (mJ/cm ²)	Time (seconds)	Dosing Level #	Dose (mJ/cm ²)	Time (seconds)	Time (minutes)
Starting Dose: (mJ/cm ²)	150	1	150	50	15	570	190	3 min 10 s
Dosing Adjustments: (%)	10	2	165	55	16	627	209	3 min 29 s
Maximum Dose for the Face:	1000 mJ/cm ²	3	182	61	17	689	230	3 min 50 s
Maximum Dose for the Body:	1800 mJ/cm ²	4	200	67	18	758	253	4 min 13 s
		5	220	73	19	834	278	4 min 38 s
		6	242	81	20	917	306	5 min 6 s
		7	266	89	21	1000	333	5 min 33 s
		8	292	97	22	1100	366	6 min 6 s
		9	322	107	23	1210	403	6 min 43 s
		10	354	118	24	1331	443	7 min 23 s
		11	389	130	25	1464	488	8 min 8 s
		12	428	143	26	1611	536	8 min 56 s
		13	471	157	27	1772	590	9 min 50 s
		14	518	173	28	1800	600	10min

3 Day/Week Home Phototherapy Instructions

15% Dose Increase

Device Irradiance: (mW/cm ²)	3	Dosing Level #	Dose (mJ/cm ²)	Time (seconds)	Dosing Level #	Dose (mJ/cm ²)	Time (seconds)	Time (minutes)
Starting Dose: (mJ/cm ²)	150	1	150	50	15	570	190	5 min 54 s
Dosing Adjustments: (%)	15	2	165	55	16	627	209	6 min 47 s
Maximum Dose for the Face:	1000 mJ/cm ²	3	182	61	17	689	230	7 min 48 s
Maximum Dose for the Body:	1800 mJ/cm ²	4	200	67	18	758	253	8 min 58 s
		5	220	73	19	834	278	10 min 19 s
		6	242	81	20	917	306	11 min 52 s
		7	266	89	21	1009	336	13 min 38 s
		8	292	97	22	1110	370	15 min 41 s
		9	322	107	23	1221	407	18 min 2 s
		10	354	118	24	1343	448	20 min 45 s
		11	389	130	25	1477	492	23 min 51 s
		12	428	143	26	1625	542	27 min 26 s
		13	471	157	27	1788	596	31 min 33 s
		14	518	173	28	1966	655	36 min 17s

Home Treatment Instructions: 3X Weekly

(Monday, Wednesday, Friday)

- Day 1 - MONDAY: Set timer to the time indicated for Level 1 in table below and treat the front-side of your body. Reset the timer and treat the back-side of your body.
- Day 2 - WEDNESDAY: Repeat Day 1, except increase the duration of treatment to the next level (i.e. Level 2)
- Day 3 - FRIDAY: Increase duration of treatment to the next level (i.e. Level 3) and treat front and back of body.
- Continue this pattern of increasing to the next level at each treatment until the maximum dose is reached or until the light pink color of a pink carnation is achieved about one day after phototherapy.
- Keep in mind pinkness/redness may develop 24-36 hours after exposure to this light source (NB-UVB).

Frequently asked questions

Changes in treatment times if treatments are missed

Length of time absent from phototherapy	Adjustment in dose
1-2 Treatments	Maintain previous dose/level
1-2 weeks	Decrease by 32% or 4 levels e.g. (10 to 6)
2-4 weeks	Decrease by 65% or 11 levels e.g. (20 to 9)
>1 month	Re-start at initial dose

Dose Adjustments

Skin assessment	Dose adjustment
No redness	Increase dose to next level
Mild redness - light pink	Hold dose / level constant
Moderate redness	Decrease dose by 2 levels (4 to 2)
Severe redness / blisters	Call physician

RE-EVALUATION: Regaining color is a very slow process. Re-evaluation for treatment response should occur only after every 24-48 treatments, but it may take up to 72 treatments before you will notice a significant response without photographs. Before and after photographs are helpful in this process.

- The key to successful repigmentation of vitiligo is consistency, accuracy and patience. You will have a better result if you don't miss treatments and expose the affected areas as instructed.

What if I have a change in my medications?

- All new medications need to be reported to our clinic before your next treatment and your treatment dose (time of exposure) needs to be decreased by 50% until the medication is completed.
- If you have started a long term medication, you must decrease your dose by 50% and stay at this dose for a couple weeks. If no sunburn reaction is noted, you may start increasing the time again according to the chart.