



Home Phototherapy Treatment Guide

Patient Name: _____

This guide was prepared from various expert sources to help you get the best results using your Daavlin Narrowband UVB phototherapy device. This is a general guide only and in no case should this supersede instructions provided by your physician. Call your physician if you have any questions regarding your treatments.

Thank you for purchasing or renting a home phototherapy device from Dermitech Phototherapy. Use your phototherapy device as you would a prescription medication and only under the direction of a physician. Like any medication, this treatment can be very helpful, but it can also be harmful if not used properly.

Information Needed from your Physician

Your physician will need to provide three items before you can get started with your phototherapy treatments:

1. Starting Dose or Time: _____

You will be given a starting dose (measured in milli-Joules or mJ) or a starting time (in minutes : seconds).

2. Treatment Frequency: _____

Number of treatments per week during Active Therapy. Never perform treatments on consecutive days, as every other day is the most that should be done.

3. Treatment Increases: _____

This is how much you will increase each treatment during Active Therapy unless the skin turned pink after the last treatment. This can be a percentage, a dose increase in mJ, or an increase in number of seconds.

Please note the starting information in the blanks above for later reference.

Treatment Distance

- ❑ Daavlin 4 Series and 7 Series: Your skin should be approximately 9 inches away from the unit.
- ❑ Daavlin 1 Series: For treating your hands or feet, your skin should be placed directly on the clear acrylic. For all other areas, your skin should be approximately 9 inches away from the unit. Your starting dose/time provided by your physician should be based on which distance you use.
- ❑ Daavlin DermaPal: Always use the included comb attachment to keep a consistent distance of 1" from your skin.
- ❑ Daavlin M Series: Place your hands or feet directly on the clear acrylic.
- ❑ Daavlin UV Series: Stand in the middle of the unit.

Treatment Dose/Time

If given a starting dose in milliJoules (abbreviated as mJoules or mJ): You must convert milliJoules to time (if you have a dosimetry controller, skip this paragraph and call Dermitech for detailed instructions). On the provided UVB Time Chart, choose the column that is closest to your unit's power (measured in mW/cm²). Then, choose the row with the appropriate treatment dose in mJoules. Where the row and column intersect is the time for the treatment. You do not need to perform the time calculation if your physician has provided your starting treatment in time (see below).

If given a starting time in minutes:seconds: The time chart is not needed. Simply use the time provided.

⇒ Important Note: The treatment time is for each part of your body. Try not to double expose areas your skin.

Calculating Increments

The amount to increase each treatment in Active Therapy is provided as a percentage increase or a time increase (number of seconds). If a percentage, add that percentage to your dose in milliJoules or time (minutes:seconds). If you use time, it is important to convert time to seconds before calculating the percent increase to get your new treatment time (then convert back to minutes and seconds).

⇒ Important Note: The Daavlin controller will not accept seconds more than 59 so total seconds must be converted back to *minutes* and seconds.

Active Therapy

Active Therapy is used first to clear the skin. You will increase each treatment by a certain percentage or time (provided by your physician, see above).

Stop increasing treatment dose or time if either of these two things happen:

a) The healthy skin around the treated area turns pink (if you have vitiligo, the treated areas turn pink). If slightly pink, then do not increase the time until you can get a treatment at that time amount without turning pink. If your skin turns pink and you have some discomfort, lower the treatment to the previous treatment and don't try to increase for one week. Call your physician if you have more than minor discomfort from your treatments.

b) Your condition has improved to your satisfaction. In this case, discuss with your physician about starting Maintenance Therapy (see below) to maintain clearing.

⇒ Important Note: During Active Therapy, the key to treatment success is performing your treatments on a regular basis. Skipping treatments will delay or prevent improvement.

If after three months of home phototherapy you have not seen any improvement, please see your physician to discuss your options.

Maintenance Therapy

After your skin condition is resolved, discuss Maintenance Therapy with your physician to reduce the frequency of treatments or the dose/time for each treatment. The amount of reduction is different for every patient, so your physician should advise you with how to proceed. The goal is to reduce the treatment dose/time as much as possible while maintaining results obtained in Active Therapy.

Missed Treatments

If you need to miss treatments, please follow the table below to lower your dose/time when you resume treatments. If the reduced dose/time is lower than the starting dose/time, use the starting dose/time instead.

Missed Treatments For:	What to Do:
1 week	Keep dose/time the same (no increase)
2 weeks	Reduce dose/time by 50%
3 weeks	Reduce dose/time by 75%
4 weeks	Return to the starting dose/time

Eye Safety

It is very important to protect your eyes from the ultraviolet (UV) light during treatment. Exposing the eyes to strong UV light can result in damage to the cornea and can cause cataracts. Always use the included goggles during treatments. If you have a skin condition near or on the eyelids and your physician has instructed you to treat this area, you may expose the eyelids to the light only if you keep your eyes completely closed during the entire treatment. Studies have shown that UVB light does not pass through the eyelids, but it is still recommended to use goggles unless treating the eyelids.

⇒ Important Note: Other people and pets should not be in the same room during treatment to prevent eye damage to them.

Treatment Log

During Active Therapy, it is highly recommended to record a detailed log of your treatments and take this log to all physician visits. This information will help your physician provide the best treatment advice based on your past treatment history. You can find a blank log sheet at the Dermitech website at www.dermitech.com.

Physician Care and Follow-Up

It is very important to have regular visits with your physician while performing home phototherapy. In addition to regular visits, always call your physician's office immediately if your condition worsens or if you notice a spot that hasn't been seen by your physician.

Additional Tips and Guidelines

1. Treat only the general areas of skin that exhibit your skin condition. Block the light from non-affected areas with clothing, sunscreen, or other type of light shield (towel, pillowcase, etc.). If you shield your face with a pillowcase or other fabric, continue to use the eye goggles since some UV light will likely penetrate the fabric.
2. If the chest is treated (men and women), nipples may be protected by applying sunscreen with SPF 30 or higher before each treatment.
3. For men, genitals should be covered during each treatment to block the UVB light. If this area needs to be treated, talk to your physician about treating this area specifically.

4. Avoid 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. Sun exposure will negatively affect your treatments by limiting your ability to increase the dose of UVB light from your home phototherapy unit. Do not use tanning beds while you are receiving narrowband UVB phototherapy.
5. Do not use any other form of treatment for your skin condition (including over-the-counter medications) unless approved by your physician.
6. Many medications may make your skin more sensitive or less sensitive to light, possibly impacting your treatments. If you are prescribed any new medications, let your physician know you are being treated with UVB light and ask about how your new medication may affect your treatments.
7. Before having a phototherapy treatment, make sure you have not applied any type of lotion to the skin for at least four hours prior to treatment. If so, wash it off before treatment. Mineral oil may be applied immediately before a treatment if directed by your physician. Mineral oil is sometimes recommended for plaque psoriasis to help the UVB light penetrate the plaques.
8. If you have applied sunscreen to your treatment areas since your last bath or shower, thoroughly clean those areas before treatment. Residual sunscreen will block the therapeutic Narrowband UVB light, thereby reducing the effectiveness of your treatment. Note that many brands/types of cosmetics have sunscreen in them, so all cosmetics must also be completely removed from the treatment areas.
9. While there is no definitive evidence of increased risk of skin cancer with Narrowband UVB phototherapy treatment, you still should see your dermatologist for regular skin exams. If you notice any skin changes or anomalies, call your physician immediately.
10. Your physician may have requested a limit to the number of treatments your unit will provide. This feature is to promote regular physician visits since home phototherapy is required to be used with the ongoing supervision of a physician. If this feature is enabled, at the end of each treatment the controller will display the number of treatments remaining. Please make an appointment to see the prescribing physician if the number of treatments remaining is 10 or less. If the treatments remaining goes to zero (the controller displays "PASS"), then the unit will not work without your physician's approval for a refill code.

11. Feel free to call Dermitech if you have any questions regarding operating your unit. Dermitech cannot provide treatment instructions without your physician's permission, so please call your physician's office if you have treatment questions or concerns. Dermitech is happy to get involved if needed.

Common Questions and Answers

1. **Why does my unit say "PASS" on the controller and will not let me have a treatment?** If your unit has the treatment limiting feature enabled and you have exceeded the number of treatments, the controller will say "PASS" and will not function until a four digit refill code is entered. Please call your physician's office so they can authorize us to provide you a code to unlock a new set of treatments.
2. **How often should I see my physician?** It is important to see your physician regularly while having home treatments. Please discuss with your physician how often you should return for regular visits.
3. **I got a sunburn with my last treatment. What should I do?** Anything more than a slight redness should be addressed by your physician. Please call the clinic immediately.
4. **My condition is worse. What should I do?** Call your physician! In very rare cases the light therapy may worsen the condition, and sometimes it may worsen for other reasons.
5. **I see a new spot on my skin. What should I do?** Call your physician and make an appointment to have it evaluated immediately.
6. **Will the lamps give me a tan?** The lamps are not effective in tanning the skin but you may see some tanning with heavy use.

All patients should do a monthly skin check using a mirror. Involve a partner if possible to check hard-to-see areas like your back. While on phototherapy, you should have a total body skin check by your dermatologist at least every 6-12 months.



Phone: 214-377-8144
Fax: 214-414-2533

