

PHOTOTHERAPY TIPS



1. Remove heavy layers (e.g. winter coats, jackets, hoodies, hats, scarves, etc.) prior to your turn; items can be hung up on the coat rack by the waterfall when you first enter the clinic.
2. Phototherapy goggles **MUST** be worn at all time during treatment, a pair may be purchased at the reception desk.
3. Under no circumstances should you ever touch the lightbulbs.
4. If you feel unwell or dizzy, do not use the machine.
5. Do not moisturize your skin within 1 hour before your treatment, but do moisturize your skin after your phototherapy session (consider using creams such as: Cliniderm, CeraVe, Lipikar baume). If your skin is particularly itchy, choose creams over lotions, avoid fragrances, put your moisturizer in the fridge 15-30 minutes before applying to skin.
6. If you have started on a new medication such as Soriatane or Toctino, inform your physician or staff so as to adjust your time in the booth.
7. If your skin is sensitive or you've had a mild burn, skip 1 week of treatment, and then restart.
8. After your treatment, leave the door open, throw away any used paper towel, and make sure the room is tidy & clean for the next patient.
9. Feel free to ask the front desk for the dates/times that are least busy.