

Guidance for Phototherapy

NARROWBAND TLO-1

Adv:

Effective selective 320nm wavelength and as effective as PUVA but less risk of carcinogenesis.

Method:

Course 24 treatments maximum and review if not responding. No other prescription required.

HAND/FOOT PSORIASIS/ECZEMA – TOPICAL PUVA WITH GEL

Adv.

Local application of psoralen gel to affected sites. Quite effective and easy to administer. Psoralen soaks may be more effective.

Method

Consultant approval required.

Course 20 sessions of Hand/Foot PUVA

Prescribe: 8-Methoxypsoralen Gel 0.005% 50g for 20 sessions of treatment.

HAND/FOOT PSORIASIS/ECZEMA – TOPICAL PSORALEN SOAKS

Adv.

Localised soaks for 20-30 min in psoralen solution. More difficult for nurses than gel application but better for more widespread changes.

Method

Consultant approval required.

Course 20-24 sessions depending on severity

Prescribe:

8-Methoxypsoralen Lotion 1.2% 30mls

PUVA - ORAL

Adv.

Effective for psoriasis and eczema. Needs tablets that can cause nausea occasionally.

Method

Consultant approval.

Course 20-24 sessions

Prescribe: Oral 8-Methoxypsoralen Tablets (Weight in kg x 0.6/10) Typically 30mg, 40mg, 50mg, or 60mg dose required x 20-24 tablets to match number of sessions.

PUVA- BATH PUVA

Adv.

No risk of systemic side-effects or issues in patients with liver disease. Patient needs to be able to climb in and out of bath. Most expensive.

Method:

Consultant approval.

Course 20-24 sessions

Prescribe:

8-Methoxypsoralen Lotion 1.2% 30m x 20 or 24 to match bath PUVA sessions.