

EXCIMER LASER TREATMENT FOR PSORIASIS

PATIENT EXPECTATIONS

- Schedule appointments two to three times weekly (as advised by Dr. Tareen and your clinician) with at least 24 hours between sessions.
- Moderate skin tenderness (similar to a mild sunburn) lasting 24-72 hours indicates a good therapeutic response to the Excimer laser treatment.
- On average, patients notice improvement between 6-10 sessions and clearance between 10-20 sessions.
- Plaques on hands, feet, and scalp usually take more treatments to resolve.
- Clearance rates will vary as each individual will react differently to UVB light.
- Average remission rates for Excimer laser therapy range from 3-6 months.

POSSIBLE SIDE EFFECTS

- Blistering is a normal side effect of UVB phototherapy and often leads to faster clearance.
- Hyperpigmentation (tan spots) may develop and will fade over time once therapy is complete.

PRE-TREATMENT INSTRUCTIONS

- Skin should be clean and dry when you arrive for your appointment – do not apply any lotions, creams, or medications.
- Review all areas of psoriasis with the clinician before and during treatment to make sure all areas are consistently treated.
- Review all after effects of prior treatments with the clinician.
- Wear protective eyewear provided by the clinician while being treated with the Excimer laser.

POST-TREATMENT INSTRUCTIONS

- Schedule next appointment before leaving the office or call (651)633-6883 or email contact@tareendermatology.com to schedule additional appointments.
- Treat your skin as you usually would and apply any medications, creams, lotions, etc. freely.
- Do not stop your current medications unless instructed by your physician.
- Keep treated areas free from excessive sun exposure between treatment sessions, as this may lead to sunburn and prolonged sensitivity.
- Pay attention to any skin tenderness, blistering or redness on treated areas and take note of how long it lasts.

PSORIASIS

How do Excimer Lasers work?

The excimer laser creates a concentrated, but painless, beam of ultraviolet light that is delivered to psoriatic lesions through a handpiece. By targeting only active lesions and limiting exposure to healthy skin, the laser delivers high-dose treatment for fast clearing and long remission.

Who is a candidate for treatment?

The laser is ideal for treating mild to moderate psoriasis. Traditionally hard-to-treat areas such as knees, elbows, and scalp are easily treated, thanks to the laser's aiming beam and adjustable spot size handpiece. The targeted high-dose therapy can treat stubborn plaques, even those that have not responded to other treatments. Ask your doctor if laser treatment is right for you.

How does treatment compare with other psoriasis treatments?

Unlike topical creams and gels, treatment with the laser does not require any daily maintenance. Each patient is unique, but some patients enjoy several months of treatment-free remission.

How safe is the treatment?

The laser has far fewer detrimental effects than many common psoriasis treatments. Due to the targeted nature of laser therapy, the healthy skin's exposure is limited.

What can I expect during treatment?

Treatment will take place in your doctor's office. First, your doctor will determine the best dosage level for you. Then, your technician will apply the laser therapy. Most treatments take only a few minutes to a half hour.

Does treatment hurt?

Most patients experience no pain or discomfort. A few patients may feel slight warmth shortly after treatment. This warmth is mild and short-lived. No anesthesia is needed.

How many treatment sessions will I need?

Your doctor will create a customized course of therapy for you based upon the extent, thickness, and location of the lesions. Generally patients are coming in twice weekly with no less than 24 hours between treatments.

How do I prepare for treatment?

No extensive preparation is required for laser therapy. Just ensure that the skin to be treated is clean, dry, and free of any make-up, lotion, or creams containing SPF protection.

Are there side effects?

The side effects of laser therapy are minimal. Most patients report no side effects. A few patients have reported a mild and short-lived redness at the lesion site. More serious side effects such as blistering and hyper-pigmentation are rare and short-lived.

Are laser treatments covered by insurance?

Many national, state, and local insurance companies cover the laser treatment, but coverage levels will vary by plan. Talk to your doctor's billing staff for details about your insurance coverage.