

EXCIMER LASER TREATMENT FOR VITILIGO

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.

VITILIGO

Treatment of a Vitiligo with Pharos EX-308 Excimer Laser

OVERVIEW

Excimer lasers can treat vitiligo more effectively, safely, and conveniently than topical creams, UVB booths, or PUVA.

Effective: Clinical studies show that patients treated with the Excimer laser system achieve greater repigmentation than with any other present vitiligo therapy.

Is treatment safe?

The laser may have fewer shortcomings than many common vitiligo treatments. Due to the targeted nature of laser therapy, healthy skin exposure to the ultraviolet light is limited. This reduces the total UV radiation and may lower the risk of premature skin aging and carcinogenesis that is often associated with UVB booths and PUVA. There is no thinning of the skin, easy bruising, or stretch marks often caused by steroids, nor any of the nausea or vomiting caused by psoralen.

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 place the hand piece directly on the vitiligo patch and apply the laser therapy. You will hear a gentle hum and see a blue colored light from the hand piece tip. Most treatments take only a few minutes to a half hour.

Does treatment hurt?

No. 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, degree of depigmentation, and location of the patches. Generally patients are treated twice weekly with a minimum period of

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 treatment site. More serious side effects such as blistering and hyper-pigmentation are rare and short-lived.

Are laser treatments covered by insurance?

Some national, state, and local insurance companies cover the laser treatment, but coverage levels will vary by plan.