

EXCIMER LASER AND PHOTOTHERAPY TREATMENT FOR VITILIGO

PATIENT EXPECTATIONS

- Schedule treatment series, as advised by your provider, with at least 48 hours between sessions.
- The goal is for the skin to be mild-moderately tender and to maintain a “pink carnation flower” color throughout the course of therapy.
- Most will start to notice some degree of improvement after 12-20 treatments. Repigmentation rates will vary depending on several factors, including:
 - Your skin type
 - The age of the lesions (i.e. newer lesions typically repigment faster)
 - The location (hair-bearing areas, the facial skin, and trunk will generally repigment faster and see the most improvement. Hands and feet can be very resistant to treatments and are typically much slower to improve)
- Consistent treatment is essential for optimal results.

LATE/NO SHOW POLICY: There is a 10-minute late policy for all patients. If you arrive more than 10 minutes late to your appointment, you may still be seen; however, you may need to wait until there is another opening in the schedule. If you are more than 15 minutes late, the appointment may need to be rescheduled. A \$50 no-show fee will apply for any missed appointments or same-day cancellations

POSSIBLE SIDE EFFECTS

- Tenderness and blistering are normal side effects of UVB light therapy and often lead 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 for at least 4 hours prior to your appointment. Please remove any make up or lotions prior to your appointment.
- Review all after effects of prior treatments with the clinician.

POST-TREATMENT INSTRUCTIONS

- Treat your skin as you usually would and apply any medications, creams, lotions, etc. as directed by your provider.
- Keep treated areas free from excessive sun exposure between treatment sessions. The treated area(s) will be sun sensitive for 48-hours following treatment.

VITILIGO

OVERVIEW

Phototherapy and excimer lasers utilize a specific wavelength of ultraviolet B light to reduce inflammation associated with vitiligo. The treatments are considered the “gold-standard” for vitiligo treatment due to its high repigmentation rates compared to other currently available treatment options.

Is treatment safe?

Yes. The treatments utilize a specific wavelength of UVB light and are done in a controlled setting under the supervision of trained technicians. This minimizes risk of long- and short-term damage typically associated with ultraviolet light. Many clinical studies have shown that narrowband UVB does not significantly increase the patient’s risk of developing melanoma. Most studies also show no increase in risk for developing non-melanoma type skin cancers.

What can I expect during treatment?

Treatment will take place in your doctor's office. Your technician will review treatment expectations, answer any questions you may have, and set your dose based on your skin type, the location of the affected areas, and your reaction to any previous treatments.

During the laser treatments, the technician will hold the laser handpiece over the affected area. You will hear a humming noise and you may notice a blue light being emitted from the laser.

During phototherapy treatments, you will undress to expose your affected areas. Protective eyewear must always be worn during treatments and this is provided for you. Towels and disposable underwear are additionally available if other areas need to be shielded. You will then stand in an enclosed, stand-up booth for a predetermined amount of time. This is a fast method of treating many areas at one time.

Does treatment hurt?

No. A few patients may feel slight warmth during or shortly after treatment. This warmth is typically mild and short-lived, but please let your technician know if you feel any discomfort from this heat. 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, it is recommended that you have treatments 2-3x weekly. There must be at least one full day in between treatments.

How do I prepare for treatment?

No extensive preparation is required - 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 light therapy are minimal. Mild-moderate tenderness and redness, much like a sunburn, is normal and indicates a good response to the treatments. More severe reactions may include blistering. UVB light therapy does not interact with any medications, but some medications may make you more sensitive to light treatments.

Are treatments covered by my insurance?

Many plans cover the treatments, but coverage varies from plan to plan. Your technician will determine your benefits prior to starting treatment and review your coverage with you.