

Patient Name \_\_\_\_\_ MRN \_\_\_\_\_ Date \_\_\_\_\_

You have been prescribed a home narrowband UVB phototherapy unit.

**Use this device as you would a prescription medication.**

You must use it only under the direction of your doctor's office. Like any medication, this treatment can be very helpful, but it can also be harmful if not used properly.

- Phototherapy unit prescribed: **Phothera 100 - Narrowband UVB**

**The treatment plan prescribed by your doctor:**

**Treatment Frequency:**  \_\_\_\_\_ times per week  Every other day

**Treatment Distance:** Use the comb attachment as a distance guide.



**Phothera 100**  
(Formerly Daavlin DermaPal)

**Treatment #1:** \_\_\_\_\_

**Treatment #2:** \_\_\_\_\_

Continue to increase your time by \_\_\_\_\_ until you can't increase it any more without getting pink, or feeling like your skin is warm, tender, or tingly for more than 24 to 48 hours.

**Special Instructions From Your Doctor:**

- Each treatment time is for 1 exposure. Repeat the treatment time for each separate body area.
- To use your device for the first time, please review the manual for your "unlocking code," which is a security code to prevent others from using your device. You will then need to enter a "loading code" to load your device with your first set of exposures. Please reach out to your provider for the loading code before you start your treatments.
- Your treatment goal is to experience a light pinkness, warmth, or tingle that lasts less than 24 hours.
- Treatment area:  all affected areas  Other: \_\_\_\_\_

Before treating, use this chart to help describe your skin's current condition to determine how to adjust your treatment time.

Duration of Symptoms: (pinkness, warmth, tenderness or tingly sensation)	Adjust Next Treatment:
No symptoms at all, or mild symptoms lasting less than 24 hours	Continue to increase as directed by _____
Symptoms lasting longer than 24 hours, but less than 48 hours	Hold treatment time the same as the last treatment until symptoms last less than 24 hours
If skin is very warm, red, painful or irritated, or if symptoms last longer than 48 hours	Do not treat until symptoms are gone, then reduce treatment time by _____

**Always use the following to protect special areas that are NOT being treated:**

- UV blocking goggles (included)
- Protection for the genital area for all patients
- Sunscreen (if directed by provider)
- Other: \_\_\_\_\_

If you miss your treatment for:	Adjust your treatment by:
7 days (or less)	Stay the same (do not increase)
8-13 days	Reduce your time by 25% -OR- start over at your beginning time
14-27 days	Reduce your time by 50% -OR- start over at your beginning time
28 days (or longer)	Start over at your beginning time

### Frequently asked questions:

- **How often should I follow up with my Care Provider?** You should follow up with your provider 3 to 6 months after your first light therapy session. While you are on active maintenance therapy, you should follow up every 6 to 12 months. Consult with your healthcare provider if your condition worsens or if you notice a new spot or an area that does not look normal.
- **I am taking a new medication, could this affect my treatment?** Yes, some medications can make you more sensitive to light. Check with your doctor before you begin any new medications.
- **How does FlexRx work?** FlexRx is a feature that counts the number of exposures you have completed. You will notice the number of available exposures counting down with each use. When you reach 5-10 exposures remaining, contact your doctor's office for a refill "code."
- **What should I do if my skin condition clears up?** Once your skin has cleared, you will either be able to take a break from therapy or switch to a less frequent treatment schedule. Call for advice. If you need to resume treating again, it is important that you START OVER at your original time (see page 1) and NOT the longer times that you ended your therapy with.

### Other Helpful Information:

- **Refer to your manual or call Phothera's tech support line for questions about operating your device.** Call directly to the support team at 216.831.0600 and follow the prompts – or – email at [info@phothera.com](mailto:info@phothera.com)
- **Use the treatment log in this packet or similar journal.** Keep track of your therapy and take it with you to your follow-up appointments.
- **Don't wait until you have run out of exposures to call for a refill!** Call or email your doctor or nurse for a refill while you still have about 5 to 10 remaining to avoid any disruptions in your therapy.

By accepting the delivery of your prescribed home phototherapy unit, you indicate that you understand, accept and agree to the following:

- I will follow up with my doctor while actively using my home phototherapy unit, will notify my doctor of any changes in my medications, and will have a full body skin examination at least once per year.
- I will only use my home phototherapy unit to treat my skin condition and I will not allow anyone else to use my home phototherapy unit.
- I will use eye protection EVERY TIME I use the unit and I will follow other special instructions (such as covering my face or genital areas) as directed.
- I will call my doctor right away if I develop a sunburn, redness, worsening of my psoriasis (or other condition), changes in skin lesions such as moles, or any other problem that might relate to my therapy.
- I will log my treatment times and results and provide them periodically to my doctor.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# Home Phototherapy Treatment Log



Patient Name \_\_\_\_\_ Date \_\_\_\_\_

Date <small>example ↘</small>	Treatment Number	Time	Comments: Record any goal symptoms (such as light pinkness, warmth, or tingle) or problems (itching, severity and/or location of any burning, reasons for lapses in treatment, technical difficulties, etc.)	How long did your symptoms last?
1.1.25	1	30 seconds	No burn, slight itching after treatment.	0 hours