

## Guidance for Phototherapy

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### **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.