



UVB Excimer Laser Treatment Consent Form – Atopic Dermatitis and Psoriasis

UVB (Ultraviolet B) light is the most common form of phototherapy used to treat various skin diseases, including psoriasis and atopic dermatitis. You will be exposed to this intense UVB light during each laser treatment session. While this treatment is NOT A CURE, it has been proven to effectively improve the signs, symptoms and appearance of Psoriasis. Patients have used this form of therapy successfully for many years and are often able to achieve remission over extended periods of time.

The excimer laser is a form of UVB phototherapy that emits a single wavelength of UVB light, which eliminates other harmful UV rays. The laser targets only the affected areas of the body and does not expose healthy tissue to UV light. Clinical studies have shown that excimer laser therapy may significantly improve psoriasis within 6-10 treatments. This therapy may take 10-20 treatments to get the more severe forms of psoriasis under control. Most patients receive 2 treatments per week.

Each individual will respond differently to UVB light and the total number of treatments needed and the time it takes to reach clearance will vary. Not all patients will clear completely.

The expected benefits of excimer laser phototherapy are:

1. Improvement of existing lesions.
2. Quick resolution of new lesions.
3. Remission – In some cases, phototherapy will result in clearing of the affected areas. The duration of this remission varies with each patient and is typically 3 months or more. Maintenance therapy may be required.
4. Only the affected tissue is treated, leaving healthy skin unexposed to UV light.

Risks and side effects of excimer laser phototherapy:

1. The most common side effect of this therapy is UVB-induced sunburn or blistering. This may occur at any time during therapy. Certain drugs may also enhance the possibility of a sunburn-type reaction. Please let your doctor/nurse know of any medications that you are taking, or any that you start taking while undergoing therapy.



2. Increased pigmentation may occur, especially after a blistering sunburn-type reaction, but will eventually disappear.
3. It is possible with any form of UV light that an increased incidence of skin cancer may occur later in some patients, usually only after extended exposure to UV light.
4. UV treatments may cause dryness and itching.
5. UV treatments age the skin over time and may increase freckles and pigmentation of the skin.
6. Ultraviolet rays may damage the eyes and increase your risk of cataracts. This is preventable with protective eye goggles worn during treatment.

Should you have any questions concerning any aspect of your treatment, please call us at 310-205-3555.

Consent

I have fully read and fully understand the above information regarding UVB excimer laser therapy. I also understand that no one knows the long-term effects of phototherapy. I realize that these treatments DO NOT CURE my skin disorder and that I may need maintenance therapy. I authorize my doctor (above) to prescribe excimer laser light therapy.

This authorization extends to his associates, including other physicians and assistants selected by him/her, to carry out phototherapy. I understand that I am free to withdraw my consent and stop treatment at any time.

Signature

Printed Name

Date