

What is narrowband UVB phototherapy?

Narrowband UVB is the most common form of phototherapy used to treat skin diseases. "Narrowband" refers to a specific wavelength of ultraviolet (UV) radiation, 311 to 312 nm.



Targeted light therapy can help reduce the inflammation behind eczema symptoms.

How does it work?

Exposing the skin to UV light suppresses overactive skin immune system cells that cause inflammation.

In simple words , Light therapy works by chasing away the white blood cells that trigger the inflammation, so light therapy is anti-inflammatory.

Light therapy also smoothes the lesions by decreasing skin turn over and skin thickening.

How to use?

It is generally taken 2-3 times a week . The required number of sessions to give good results are generally 25-30 sittings.

The initial dose is slowly increased , by 10% after every 3rd sitting .

Over the period of 4-5 weeks , a therapeutic dose is achieved to give good results.

Safety

The long term safety profile is good over other options .

It can be safely used even in kids and in pregnancy.

Side-effects

Cost

Time consuming

Burning , if not used correctly.

Dryness

Precautions

Safety Goggles to be used always along the sittings.

Can apply Moisturizer / Oil if dryness increases

Appropriate sun protection / use of sunscreen



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