



**Massachusetts Dermatology Associates**

**Narrowband Ultraviolet B (NBUVB) Therapy: Information and Consent**

What is Narrowband UVB (NBUVB) Phototherapy

- NBUVB treatment involves the exposure of skin to a special kind of ultraviolet light that has been shown to be helpful for many patients with psoriasis, eczema, vitiligo, and other conditions.

Benefits of NBUVB phototherapy:

- Potential improvement of your skin condition

Potential risks / side effects of NBUVB phototherapy:

- Some redness and dryness of the skin is to be expected. A reaction similar to a sunburn is another risk of treatment. Over the long-term this can lead to premature aging of skin
- Possible increased risk of skin cancer, although it is generally believed that NBUVB therapy results in fewer skin cancers than other forms of ultraviolet light therapy
- Cataracts if eye protection is not worn during treatment

Alternatives to NBUVB (for psoriasis)

- Patients with moderate to severe psoriasis who have failed topical therapy have other options including other types of light therapy (e.g. PUVA) as well as immune modifying therapies such as methotrexate, Enbrel, Humira, and Ustekinumab. The advantage of NBUVB therapy over these other therapies is that for most patients it has a better safety profile.

Who should NOT undergo NBUVB phototherapy:

- Patients with a history of photosensitivity, lupus, porphyria, or other light sensitive disorders risk severe health complications with NBUVB. Tell your doctor if you might have one of these conditions.

Things you should know before your treatment:

- NBUVB is not a cure. It usually takes about 30-35 treatments to get many skin conditions under control, rarely fewer and often more. Once control is achieved, you will still need to come in for regular light treatments at fixed intervals.
- It will be your responsibility to make sure you have updated valid referrals (with a sufficient number of visits) from your primary care physician. Note that without a valid referral, we cannot continue treatments. If your referral expires, you will be asked to sign a waiver indicating that you know you are responsible for paying the costs of any treatments given without a referral. Our policy is to allow patients a total of 3 treatments beyond the expiration of a referral as a grace period while the next referral is in process.

Insurance considerations:

- Most patients do not have difficulty in getting NBUVB covered by insurance (an exception is Tufts which typically does not allow coverage for patients with vitiligo)
- To be certain that your particular plan covers the treatment, we strongly recommend that you call your insurance company and verify coverage of the following codes:
  - For psoriasis patients (Diagnosis code = L40.0; Procedure code = 96910)
  - For eczema patients (Diagnosis code = L20.9; Procedure code = 96910)
  - For pruritus (itch) patients (Diagnosis code = L29.8; Procedure code = 96910)
  - For vitiligo patients (Diagnosis code = L80; Procedure code = 96900)

**PLEASE SEE REVERSE SIDE**

Immediately before and during treatment:

- Do not apply sunscreen, calcipotriene / Dovonex / calcitriol, or LacHydrin on the day of treatment to areas you wish to treat
- **For full body treatments only:** If you are a male, cover your genitals (with underwear--or a sock if you are treating the groin area). If you are a female and your treatment includes the breasts, cover nipples with either a Band-Aid or zinc oxide cream.
- Tell the NBUVB technician if you have any changes in your medications (including over the counter meds) during the course of your treatments. Some medications can increase toxicity of the light leading to burns. Any medication that bears a warning label about easy burning in natural sunlight will cause enhanced burning while receiving artificial light
- COVER AREAS CONSISTENTLY DURING EACH TREATMENT. IF YOU EXPOSE A NEW AREA THAT HASN'T ACCLIMATED TO THE LIGHT, YOU RISK A POTENTIALLY SERIOUS BURN.
- Apply a thin film of petrolatum or mineral oil immediately before treatment (except for itch and vitiligo patients)

After your treatment:

- Consistency is very important for effective treatments. If you frequently miss treatments, you can expect less satisfying results and possibly treatment failure
- In order to have your skin condition managed optimally, you will need to be seen regularly by the dermatologist who is treating you. If you fail to follow-up with the ordering physician, we will be unable to continue treating you with NBUVB.
- Given the possibility of an increased rate of skin cancer, you are encouraged to see your dermatology provider at least once yearly for full skin checks.

Before and after treatment, you should avoid additional exposure to sunlight during the course of your treatment. Especially on the day of treatment, additional sun exposure could lead to severe sunburn.

**My skin type:**

When I spend time outdoors in the sun NOT wearing sunscreen:

- (I) \_\_\_\_\_ I always burn, never tan
- (II) \_\_\_\_\_ I usually burn, sometimes tan
- (III) \_\_\_\_\_ I sometimes burn, usually tan
- (IV) \_\_\_\_\_ I minimally burn, tan easily
- (V) \_\_\_\_\_ I rarely burn, tan profusely
- (VI) \_\_\_\_\_ I never burn

**My signature below means that I have read and understood this entire consent form and know about the potential risks including but not limited to dryness, itching, burns, including blistering ones, premature aging of the skin, early cataract formation (if I do not wear my goggles as directed), and potentially increased risk of skin cancer formation.**

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Patient Signature

Date

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Dermatology Provider Signature

Date