



PUVA Therapy

Information for Patients

You are going to undergo a course of PUVA therapy treatment. PUVA therapy is a phototherapy by ultraviolet A rays performed after the ingestion of a photosensitizing substance, the „psolarene“. The doses of both psolarene and UVA are prescribed by the doctor and must not be altered by the patient.

Outline of the Treatment

Before the visit:

The tablets (MELADININE or PSORADERM) must be taken in one go two hours before the appointment, together with a snack. After taking the tablets, you must protect yourself from the sun as described below.

During the visit:

Before the start of the session, we will check the areas which have already been irradiated before programming the new dose. If necessary, any moles will be covered. You must wear sunglasses during the session. Men also must wear a G string while in the cabin.

After the visit:

You must not expose yourself to sunlight during 12 hours after taking the psolarene tablets, because they make your skin and eyes far more sensitive to sunlight and you risk getting burned. Consequently, you must protect yourself for the rest of the day by wearing sunglasses, clothes that cover the whole of your body and, if necessary, a hat and gloves.

Between the visits:

You must not use commercial UV lamps (solarium). No special diet is required during the treatment. If an additional treatment is prescribed to you during your period of PUVA therapy, you must tell us about the treatment. You must also tell the prescribing doctor that you are undergoing PUVA therapy, because certain medication is not compatible with it.

Additional comments:

You must not undergo PUVA therapy if you are pregnant or if you have a cataract. In order for the sessions to run efficiently, please keep the appointment times you are given and let us know in advance if you are unable to attend or if you are going away for a longer period. Because of the number of patients being treated, too much delay could affect the patients that follow.