

Home Phototherapy Dosing Chart and Treatment Log

Follow this regimen:	<input type="checkbox"/> Skin types I-III	<input type="checkbox"/> Skin types IV-VI	<input type="checkbox"/> Skin types I-III	<input type="checkbox"/> Skin types IV-VI	<input type="checkbox"/> 3 days a week <input type="checkbox"/> 2 days a week		
Treatment Number	10% Increase (min:sec)	15% Increase (min:sec)	10% Increase J/cm ²	15% Increase J/cm ²	Day of the week (circle)	Date	Actual (min:sec) OR J/cm ²
1	0:20	0:20	0.2	0.3	M Tu W Th F Sa Sun		
2	0:22	0:23	0.2	0.3	M Tu W Th F Sa Sun		
3	0:24	0:26	0.2	0.4	M Tu W Th F Sa Sun		
4	0:26	0:30	0.3	0.5	M Tu W Th F Sa Sun		
5	0:29	0:35	0.3	0.5	M Tu W Th F Sa Sun		
6	0:32	0:40	0.3	0.6	M Tu W Th F Sa Sun		
7	0:35	0:46	0.4	0.7	M Tu W Th F Sa Sun		
8	0:39	0:53	0.4	0.8	M Tu W Th F Sa Sun		
9	0:43	1:01	0.4	0.9	M Tu W Th F Sa Sun		
10	0:47	1:10	0.5	1.1	M Tu W Th F Sa Sun		
11	0:52	1:21	0.5	1.2	M Tu W Th F Sa Sun		
12	0:57	1:33	0.6	1.4	M Tu W Th F Sa Sun		
13	1:03	1:47	0.6	1.6	M Tu W Th F Sa Sun		
14	1:09	2:03	0.7	1.8	M Tu W Th F Sa Sun		
15	1:16	2:21	0.8	2.1	M Tu W Th F Sa Sun		
16	1:24	2:42	0.8	2.4	M Tu W Th F Sa Sun		
17	1:32	3:06	0.9	2.8	M Tu W Th F Sa Sun		
18	1:41	3:34	1.0	3.2	M Tu W Th F Sa Sun		
19	1:51	4:06	1.1	3.7	M Tu W Th F Sa Sun		
20	2:02	4:43	1.2	4.3	M Tu W Th F Sa Sun		
21	2:14	5:25	1.3	4.9	M Tu W Th F Sa Sun		
22	2:27	6:14	1.5	5.6	M Tu W Th F Sa Sun		
23	2:42	7:10	1.6	6.5	M Tu W Th F Sa Sun		
24	2:58	8:15	1.8	7.5	M Tu W Th F Sa Sun		
25	3:16	9:29	2.0	8.6	M Tu W Th F Sa Sun		
26	3:36	10:54	2.2	9.9	M Tu W Th F Sa Sun		
27	3:58	12:32	2.4		M Tu W Th F Sa Sun		
28	4:22	14:25	2.6		M Tu W Th F Sa Sun		
29	4:48	16:35	2.9		M Tu W Th F Sa Sun		
30	5:17		3.2		M Tu W Th F Sa Sun		
31	5:49		3.5		M Tu W Th F Sa Sun		
32	6:24		3.8		M Tu W Th F Sa Sun		
33	7:02		4.2		M Tu W Th F Sa Sun		
34	7:44		4.6		M Tu W Th F Sa Sun		
35	8:30		5.1		M Tu W Th F Sa Sun		
36	9:21		5.6		M Tu W Th F Sa Sun		
37	10:17		6.2		M Tu W Th F Sa Sun		
38	11:19		6.8		M Tu W Th F Sa Sun		
39					M Tu W Th F Sa Sun		
40					M Tu W Th F Sa Sun		

The provided log and instructions do not include all the information important for patient care and should not be used as a substitute for professional medical advice. Please consult your medical professional with any questions.

Please read the information below before using home phototherapy

1. Use your phototherapy device as you would a prescription medication under the direction of a physician. Like any medication, phototherapy can be harmful if not used properly.
2. Treat the areas of vitiligo three times per week but never two days in a row. For example, your treatments can be on Monday, Wednesday, and Friday every week. Alternatively, you could treat on Tuesday, Thursday, and Saturday every week. If you can only treat twice per week, please make sure there are two days of rest between treatments, for example, Monday and Thursday every week.
3. Unless you have vitiligo lesions on the eyelids, make sure you wear goggles for eye protection. Opening your eyes and exposing them to the light can result in damage to the cornea or cataracts. If you have vitiligo on the eyelids and your physician has instructed you to treat this area, you may expose the eyelids to the light as long as you keep them gently closed. Studies have shown that UV light does not pass through the eyelids.
4. If your nipples become sensitive, you can shield them by applying sunscreen with SPF of 30 or more to both nipples before each treatment. Do not apply sunscreen to other areas, as this can lead to burns. It is very difficult to apply sunscreen to exactly the same area before each session. Missing an area during sunscreen application before future treatment sessions can lead to burning of the skin.
5. Genitals in men should be shielded during each treatment. A convenient method for shielding is with a dark sock, so the remaining skin in the area is treated. It is not necessary to shield any skin in women, unless the nipples become sensitive.
6. Limit natural sun exposure and use appropriate sunscreens as directed by your physician. A minimum of SPF 30 sun block should be used on any sun-exposed areas. Too much sun exposure will limit your ability to increase the dose of light from your home NB-UVB machine. The use of tanning beds is **prohibited** while you are receiving narrow band UVB therapy.
7. Because vitiligo can occur anywhere on the body, your doctor may recommend treatment of the entire body, not just the areas with vitiligo lesions. Sometimes, your doctor may recommend clothing to block the light from reaching non-affected areas. **The same clothing should always be worn for treatments. Just as important, you should check that the clothing item is always in the same position.** Changing clothes and how they are worn can affect the dose of phototherapy received and could, unintentionally, result in skin burns. Please discuss this with your doctor.
8. If you have an area of your body that has been shielded from the light in the past, special care must be taken if you decide to start treating these areas. If the skin is suddenly exposed to anything other than the starting dose, a bad sunburn may result. You must acclimate the previously unexposed skin slowly to the light by treating the area with the starting dose and following the increases per the standard active therapy protocol. Discuss exposing new skin to treatments with your physician.

9. Do not use any other form of treatment for vitiligo (including over-the-counter medications) unless approved by your physician. This includes Ayurvedic, Naturopathic and Homeopathic medications while you are on phototherapy.
10. Some medications can cause sunburn when combined with phototherapy. If a physician places you on a new medication and you are not sure if it has this side effect, please call our office for instructions.
11. Before using home phototherapy, make sure you have **not** applied any type of cream, lotion, or sunscreen to the skin for at least 4 hours prior to treatment. If so, wash it off before treatment. If you wear makeup, please remove it completely before treatment. These products block penetration of light into the skin. If you have thickened, dry areas of skin, such as the elbows and knees, you can apply mineral oil to these areas to enhance penetration of light into the skin.
12. Playing music, using aromatherapy and other improvements to your environment can enhance the experience of phototherapy.
13. Use the dosing chart to determine the time of exposure. Follow the column that corresponds to the times instructed by your physician (10% or 15% increase per treatment). Remember you should get these treatments three times weekly, never two days in a row.
14. Write the date of your treatment in the blank column and the duration of your exposure in minutes or seconds in the second blank column. Bring this log with you at each doctor visit. Please include any comments you have about your response to the treatment or side effects.
15. Increase the duration of phototherapy as per the chart. The goal is to slowly increase the duration until your vitiligo lesions are slightly pink. The pink color should remain throughout the day of treatment as well as the next day. **Once you have achieved a pink color, similar to a pink carnation flower, do not increase the dose further; just stay on that dose for every treatment.** If the pink color disappears, you may increase the dose again as per the chart until you achieve the carnation pink color again, then hold the dose again at that level. Some areas, such as the hands and feet, may not achieve a pink color, even with high doses, due to the thickness of the skin. If you notice this, please discuss it with your doctor.
16. Stand 6-9 inches (15 – 23 cm) away from the panel for each treatment. You may want to place a little piece of tape (or other mark) on the floor to mark the spot where you will stand for each treatment. For a handheld unit you should use the comb attachment that comes with the unit and gently touch your skin with the teeth of the comb during treatment. This is the correct distance from the skin for the handheld unit.
17. If you have vitiligo on the front and back of the body, you can set the panel to double the treatment time. A smartphone timer or other timer should be set to ring after half the time goes by at which time you should turn around to expose the opposite side of the body. You can pause the machine while you turn around and then turn it back on. Keep the exact same position when exposing the front and back of your body. Changing your body position can lead to accidentally over or under-treating some areas.

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18. If you have vitiligo on your feet you may want to stand on a small stool to improve light exposure to the feet, but please ensure your head is still in view of the lamps. If necessary, use two small stools, one for each foot, to elevate your feet and to keep your feet apart so that your legs are spread wide enough to let light reach the affected areas between the legs.
19. Your unit has a lock out mechanism for your safety. When the number of remaining treatments is below 10 or if it flashes a code or the word "PASS", you should call your doctor so they can give you a new refill code. You must keep your follow up appointments to receive additional treatments.
20. Possible complications of UVB phototherapy treatments include sunburn reactions, corneal damage, freckling, aging of skin and rarely, skin cancer. There is no increased incidence of melanoma with phototherapy for vitiligo. One study found a small but increased incidence of squamous and basal cell carcinomas with UVB phototherapy in patients with light or medium toned skin who have received over 200 treatments, however, several other large studies found no increase in any skin cancer with phototherapy. Overall, phototherapy is a safe treatment that has been used for over 40 years and has minimal risks.
21. The dose of phototherapy you receive is based on the color of the skin after treatment. As mentioned before, if your skin is pink after the treatment session and remains pink until the next day, do not increase the time of exposure for the next dose and stay at the same dose as the previous treatment. If the pink color disappears, then start to increase as before. If you have bright red skin after treatment, stop phototherapy until the bright red color becomes light pink and then resume treatment at the last tolerated dose. If you have painful red skin or blisters that appear on the skin after treatment, stop phototherapy and apply cool towels to the skin and call your doctor for more instructions. Once the skin heals, you can resume at the last tolerated dose.
22. Please call your doctor immediately if you have any questions, concerns or discomfort from treatment.

What if I miss one or more treatments?

- Please make sure to note/ write down any missed treatments.
- If you missed one treatment, do not increase the dose, and hold the time of exposure at the previous dose.
- If you missed more than one treatment, decrease your dose to 50% of the previous dose and then increase again for each treatment from there according to the chart.
- If you missed a month or more of treatments, return to the starting dose (20 seconds).
- **The key to successful repigmentation of vitiligo is consistency, accuracy, and patience. You will have better results if you do not miss treatments and expose the affected areas as instructed.**

What if I have a change in my medications?

- All new medications need to be reported to your doctor before your next treatment and your treatment dose (time of exposure) needs to be decreased by 50% until the medication is completed.
- If you have started a long-term medication, you must decrease your dose by 50% and stay at this dose for a couple weeks. If no sunburn reaction is noted, you may start increasing the time again according to the chart.

Can others be in the room while I get my phototherapy?

- Although phototherapy causes minimal ultraviolet light exposure to others who might be in the room while you are getting phototherapy, it is best not to have other individuals or pets in the room while you are getting a treatment. This also protects their eyes if they are open.

Am I supposed to stay on treatment 3 times per week for the rest of my life?

- Once you and your doctor have decided that you have received maximum repigmentation with phototherapy, you should slowly taper the treatment as follows:
 - Twice per week for one month, then
 - Once per week for one month, then
 - Once every other week for 2 months, then stop
- If the vitiligo lesions get larger or if you get new lesions while you are tapering, then go back to three times per week treatment and inform your doctor.
- You may require maintenance phototherapy treatment every 1-2 weeks if your vitiligo has a tendency to return when you stop phototherapy.

Will phototherapy give me a tan?

- Your unit emits a type of light called Narrow Band UVB. Tanning salons have units that emit a different type of light, called UVA. Although Narrow Band UVB does not cause as much of a tan as UVA, you may get a little tanning of the skin.
- The amount of tanning varies depending on the individual, with darker individuals usually getting a somewhat deeper tan.
- Tanning can be minimized by making sure you do not increase the dose of phototherapy once your vitiligo lesions achieve a pink carnation flower color.
- Protecting your skin from natural sunlight can also minimize tanning.

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