

## XTRAC Laser: Patient Instructions

### Expectations

Ideally, you should get a UVB-induced sunburn reaction that lasts 12 to 24 hours after each XTRAC laser treatment.

- Less reaction means that a higher dose should be used at your next treatment session.
- More reaction, or blistering sunburn-type reaction, often accelerates the improvement in the psoriatic plaques; however, since this involves more discomfort, our treatment goal is for a UVB-induced sunburn reaction.

Our goal is significant or complete psoriatic plaque clearance. Upon clearance, there may be temporary dark spots (hyperpigmentation) where the psoriatic plaques were. The hyperpigmentation may last for several months.

### Before Treatment

On the day of your XTRAC laser treatment, do NOT apply lotions, sunscreens, or topical medication treatments to any psoriatic plaque areas.

Avoid the photosensitizing drugs and ingredients listed on the second page of this sheet.

### After Treatment

During the weeks you are receiving XTRAC laser treatments, avoid excessive sun exposure.

Apply heavy moisturizers (i.e., Aquaphor Ointment, Cetaphil Cream, and Eucerin Crème) regularly.

To relieve blister-related pain, drain the fluid while leaving the overlying skin intact. Here's how:

- Wash your hands and the blister with soap and water.
- Swab the blister with iodine or rubbing alcohol.
- Sterilize a clean, sharp needle by wiping it with rubbing alcohol.
- Use the needle to puncture the blister.
- Aim for several spots near the blister's edge.
- Let the fluid drain, but leave the overlying skin in place.
- Apply an antibiotic ointment (i.e. Bacitracin or Polysporin) to the blister and cover with a bandage or gauze pad.
- Cut away all the dead skin after several days, using tweezers and scissors sterilized with rubbing alcohol.
- Apply more ointment and a bandage.

# UVB Excimer Laser Phototherapy Consent

UVB (ultraviolet B light) is the most common form of phototherapy used to treat various skin diseases, including psoriasis and vitiligo. You will be exposed to this high energy UV light for a varying length of time. This treatment is NOT A CURE, but can effectively control or improve your disease. Patients have used this treatment successfully for many years and often are able to maintain clearance of improved skin over extended periods of time.

The Excimer laser is a new form of UVB phototherapy that emits more selective light rays. The laser delivers the light rays useful for treatment and tends to eliminate those that may cause burning. Clinical studies suggest that this kind of treatment may show significant improvement of psoriasis in the range of 6-10 treatments and may clear psoriasis in the range of about 10-20 treatments.

Each condition and patient will vary in the total number of treatments needed and the time it takes to reach clearing. Most patients initially undergo two (2) treatments per week 48-72 hours apart. Not all patients will clear completely. The psoriatic lesions may clear and may remain clear for some time, even without additional treatments.

The **expected benefits** of Excimer laser phototherapy are as follows:

1. Improvement of existing lesions
2. Reduction of new lesions
3. Remission – in many cases, phototherapy has resulted in a new total clearing of the disease process. The duration of this remission varies with each patient. Maintenance therapy may be required.
4. Treatment of the affected areas only; healthy skin is avoided.

**Risks and side effects** of Excimer laser phototherapy are as follows:

1. The most common side effect of this therapy is UVB-induced sunburn. This may occur at any time during the therapy. Certain drugs may also cause you to become sunburned. Please let your doctor/nurse know of any medications that you are taking, or any that you begin while undergoing therapy.
2. A blistering sunburn-type reaction can occur.
3. Increased pigmentation may occur, especially after blistering sunburn-type reactions.
4. It is possible with any form of UB light that an increased incidence of skin cancer may occur later in some patients, usually only with many UV light treatments
5. UV treatments may cause dryness and itching
6. UV treatments age the skin over time and may increase freckles and pigmentation of the skin.
7. UV rays may damage the eyes and increase your risk of cataracts. This is preventable with protective eye goggles worn during treatment.

Please call the psoriasis center at 317-621-7790, ext. 147, with any questions concerning your treatment.

I have fully explained to the patient, \_\_\_\_\_, the nature, purpose, and expected benefits and risks of phototherapy. I have also explained the alternative treatments and their potential risks. I have answered all questions regarding the procedure.

Physician/Nurse/Medical Assistant \_\_\_\_\_ Date \_\_\_\_\_

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 require maintenance therapy. I authorize Dawes Fretzin Dermatology Group, LLC (“DFDG”), to prescribe Excimer laser light therapy. This authorization extends to DFDG’s associates, including physicians, nurses, and assistants selected by DFDG, to carry out phototherapy. I understand that I am free to withdraw my consent and stop treatment at any time.

\_\_\_\_\_  
Patient or Legal Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness Signature

\_\_\_\_\_  
Date