

Name: _____

Date of Birth: _____

Chart: _____

Date: _____

Consent—UVB Excimer Laser Phototherapy for Psoriasis

UVB (ultraviolet B light) is the most common form of phototherapy used to treat various skin diseases, including psoriasis. 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 clear psoriasis in the range of about 4-10 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 2 treatments per week. Not all patients will clear completely. The psoriasis lesions may clear and may remain clear for some time, even without additional treatments.

The expected benefits of Excimer laser phototherapy are:

- 1) Improvement of existing lesions.
- 2) Reduction of new lesions.
- 3) Remission – In many cases phototherapy has resulted in a near 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 the Excimer laser phototherapy:

- 1) The most common side effect of this therapy is UVB induced sunburn. This may occur at any time during therapy. Certain drugs may also cause you to get 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 UV light than 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) Ultraviolet rays may damage the eyes and increase your risk of cataracts. This is preventable with protective eye goggles worn during treatment.

Should you have any questions concerning any aspect of your treatment, please call New England Dermatology & Laser Center at 413-733-9600.

I have fully explained to the patient, NAME: _____, the nature, purpose, and expected benefits of phototherapy, as well as the risks. I have also explained the alternative treatments and their potential risk. I have answered all questions regarding the procedure.

Physician/PA/NP: _____

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 need maintenance therapy. I authorize my doctor (above) to prescribe Excimer laser light therapy.

This authorization extends to his associates, including other physicians and assistants selected by him/her, to carry out phototherapy. I understand that I am free to withdraw my consent and stop treatment at any time.

Patient Signature (or Legal Guardian)

Witness Signature

Date