

Live Clear with Phototherapy

Your quick reference guide to home phototherapy benefits



HOME PHOTOTHERAPY

The CLEAR & EFFECTIVE choice when treating photoresponsive skin conditions

What is phototherapy?

Phototherapy, a method for addressing photoresponsive skin conditions like psoriasis, vitiligo, and eczema, involves exposing the skin to a specialized form of UV light. This light emanates from a medical device known as a phototherapy unit, which comes in various configurations. Options range from compact handheld and tabletop devices suitable for localized treatment of small areas to more substantial cabinet or "walk-in" units tailored for patients seeking comprehensive body treatment. The medical lamps within these phototherapy units emit ultraviolet light at an exceptionally precise wavelength, leading to alterations in the skin cells.

In recent times, narrow-band UVB has gained significant popularity due to its remarkable effectiveness, minimal risk of side effects, and the advantage of not requiring medications or drugs for treatment.

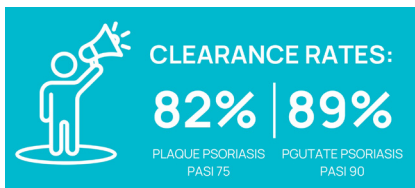
Is phototherapy for me?

Phototherapy typically caters to individuals across all age groups dealing with moderate to severe forms of psoriasis, vitiligo, eczema, and various other photoresponsive skin conditions. Ultimately, the decision regarding the suitability of phototherapy will be reached collaboratively between you and your healthcare provider.

Is it a cure?

Phototherapy is quite effective¹ in treating the symptoms of many photoresponsive skin conditions. But, because these skin disorders are chronic, genetic diseases, flare-ups can occur periodically throughout life.

How long the clearing of symptoms will last after treatment varies from patient to patient, but phototherapy treatments can resume at any time if a patient's symptoms return.



Is it safe?

For numerous patients, phototherapy represents a safe and attractive treatment choice, particularly when contrasted with alternative options. The primary side effect frequently linked with phototherapy is erythema, characterized by a mild reddening of the skin.

What is a treatment like?

Phototherapy involves a painless process where the affected skin areas are exposed to light. Your doctor will select the most suitable home device for your requirements and craft a personalized treatment regimen tailored to your condition. A typical treatment schedule encompasses 2-3 sessions weekly, spread over several weeks. The treatment durations are typically quite short, typically only lasting a few minutes.

Will my insurance cover phototherapy?

Phototherapy is included in the coverage provided by most insurance companies. The Phothera team, comprised of experienced representatives, will collaborate closely with both you and your insurance provider. The aim is to ensure you receive the necessary treatment while minimizing any out-of-pocket costs.

If you don't have insurance coverage, don't worry, Phothera is committed to making phototherapy accessible to everyone. That's why we extend discounts and flexible payment choices to individuals whose insurance doesn't cover home phototherapy.

Why wait? Contact Phothera today, and take the first step toward achieving clearer skin!

Phothera

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¹ Dogra S, Kanwar AJ. Narrow band UVB phototherapy in dermatology. Indian J Dermatol Venereol Leprol 2004;70 : 205-9.

² Walters, et al. Journal of the American Academy of Dermatology, Volume 40, Issue 6, June 1999, Pages 893-900

³ Bae YC, Van Voorhees AS, et al. "Review of treatment options for psoriasis in pregnant or lactating women: From the Medical Board of the National Psoriasis Foundation." J Am Acad Dermatol. 2012 Sep;67:459-77.

⁴ Pavlovsky M, Baum S, Shpiro D, Pavlovsky L, Pavlotsky F. Narrow band UVB: is it effective and safe for paediatric psoriasis and atopic dermatitis? J Eur Acad Dermatol Venereol. 2011 Jun;25(6):727-9. doi: 10.1111/j.1468-3083.2010.03832.x. Epub 2010 Aug 18. PMID: 20726938.

⁵ Rácz, E., & Prens, E. P. (2017). Phototherapy of psoriasis, a chronic inflammatory skin disease. Advances in Experimental Medicine and Biology, 287-294. https://doi.org/10.1007/978-3-319-56017-5_24