What is Home Phototherapy?
Phototherapy is the use of a special medical device that emits very specific wavelengths of ultraviolet light to treat skin diseases such as psoriasis and vitiligo, as well as many other conditions. This can easily be done in the comfort of your own home under the instruction of your care provider. Narrow Band UVB is the most commonly used type of light as treatments are brief and it is highly effective.

Is it Safe?
Yes, phototherapy is considered to be a very safe treatment option, especially when compared to alternative therapies. Sunburn-like symptoms and dry skin are the most commonly reported side effects. It may be used by pregnant or nursing women, children and people who are immuno-compromised. As with any treatment, if you are considering phototherapy, make sure that your provider is fully aware of any health conditions you have and any medications you are using.

What is Treatment Like?
There are phototherapy devices designed to serve a wide variety of needs. Wand units are designed for spot treatments, small panels can be used for hands and feet, while larger panels are best when full-body treatment is needed. Your care provider will suggest a device that is appropriate for your condition.

A typical treatment regimen is three exposures per week. In the beginning, treatments times may be just seconds long but they will gradually increase in length. Different conditions can require different protocols. For example, with psoriasis, clearance will usually take 25 to 30 treatments, while repigmentation of vitiligo is generally a slower process.

Follow your providers instructions to determine your beginning dose. Once you begin your therapy at home, you can use the time chart included with your unit or the Daavlin smartphone app to calculate your increases. Your provider may advise that sensitive areas of your body, or those areas unaccustomed to sun exposure, be shielded or treated with sunscreen prior to treatment.

For further information please contact Daavlin:

Phone: 1.800.322.8546
Fax: 419.636.7916
Website: www.daavlin.com/kp/
Free Smartphone App: "Phototherapy Math" available on Google Play and iTunes
We offer a variety of home phototherapy options to meet every need!

Here are the most popular choices for Kaiser Permanente members...

- **The DermaPal** is a small, hand-held treatment wand that includes a removable comb. The DermaPal’s treatment area is approximately 2” x 4”, making it ideal for treating small areas or hard to reach areas.
  - **Weight:** 1 lb 12 oz
  - **Wand only:** 4 oz
  - **Control System:** Digital DermaPal Timer
  - **Lamp Type:** Narrowband UVB
  - **Electical Outlet:** Standard household
  - **Shipping:** UPS Ground
  - **Includes:** UV blocking goggles, travel case, and removable comb attachment

- **The 7 Series** is an extremely popular option for patients treating large areas of body surface. Its 6 foot tall, slim design takes up very little floor space yet allows for full-body treatment with just a few turns.
  - **Weight:** 75 lbs
  - **Control System:** Digital Flex Timer
  - **Lamp Type:** Narrowband UVB
  - **Electical Outlet:** Standard household
  - **Shipping:** UPS Ground
  - **Includes:** UV blocking goggles

- **The 1 Series**, a lightweight, 18 inch panel, was designed for treating the face and other localized areas. It’s size and flexibility also make it an ideal choice for comfortable treatment of the hands or feet.
  - **Weight:** 9 lbs
  - **Control System:** Digital Flex Timer
  - **Lamp Type:** Narrowband UVB
  - **Electical Outlet:** Standard household
  - **Shipping:** UPS Ground
  - **Includes:** UV blocking goggles