SKIN CANCER & COSMETIC
DERMATOLOGY CENTER

Pharos 308nm Excimer Laser Treatment

UVB (ultraviolet B light) is the most common form of phototherapy used to treat various skin diseases including psoriasis, vitiligo, eczema, itching, and disorders including striae alba and hypopigmented scars. 308-nm Laser Phototherapy is an advanced form of UVB phototherapy that delivers targeted, high-dose, monochromatic therapeutic light directly to affected tissue without exposing healthy skin.

The 308-nm Phototherapy Laser creates a concentrated, but painless, beam of light that is applied through a hand piece directly to the skin. By targeting only the affected tissue without exposing healthy skin, the laser delivers high-dose treatment that may promote faster clearing and longer remission that conventional UVB phototherapy. While treatment times vary, most sessions for diseases last about 5 to 25 minutes and sessions for striae and scars take 1 to 2 minutes.

This treatment is NOT A CURE, but 308-nm UVB laser phototherapy may effectively control or improve your disease or disorder. Patients have used this treatment successfully for many years and often are able to maintain clearance of improved skin over extended periods of time, often 6 months or more. Occasionally, maintenance treatments may be recommended to sustain disease clearing or cosmetic repigmentation.

Each condition and patient will vary in the number of treatments needed and the time it will take to reach clearing. Most patients initially require 2 treatments each week to clear their lesions. It may take 12 to 15 treatments to improve psoriasis and cosmetic conditions and 15-30 treatments to improve vitiligo. Not all patients will clear completely. Many patients go into remission and may then stop treatments.

The expected benefits of 308-nm UVB laser phototherapy are:

1. Improvement of existing lesions and hypopigmented areas;
2. Reduction of new lesions;
3. Remission – in many cases 308-nm UVB laser phototherapy has resulted in near total clearing of the disease process. The duration of this remission varies with each patient. Maintenance therapy may be required.

Prior to Treatment:

Make sure area to be treated is clean and free of any lotions, oils, or powders.

Risks and Side Effects of Phototherapy:

1. The most common side effect of this therapy is UVB-induced sunburn, which tends to be mild and short-lived. 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 you are taking, or any that you begin while undergoing therapy. If sunburns occur, antibiotic ointment or aloe vera gel may be used after treatment.
2. Other possible but rare side effects including blistering and hyperpigmentation, which tend to be mild and short-lived. If blistering occurs, antibiotic ointment or aloe vera may be used after treatment.
3. UV treatments may cause dryness and itching.
4. These are covered in more detail on your patient consent form.

After Treatment:

You will be given written instructions to record your skin reaction (3 areas of evaluation – redness, sensitivity, and any level of heat) at each of the affected areas that are treated. This helps us to properly evaluate the previous treatment to determine what the subsequent treatment levels will be. This is to ensure that you attain the highest level of treatment each time you come in. A copy of which is attached.