Safety and precautions of use

Your UVB 311 nm lamp is a phototherapy device: use it **only on prescription and under the supervision of your dermatologist**. Read this leaflet in full and keep it with the lamp.

1 BEFORE USE

The UVB lamp must only be used as part of a treatment for **psoriasis, vitiligo or eczema** diagnosed, prescribed and monitored by your dermatologist.

UVB rays (stronger than the UVA used in PUVA therapy) need **very short exposure times** and no photosensitising agent (psoralen…). Creams can still be applied, but **after** the session.

Each area needs only **30 to 60 seconds a day**. The treatment only really works if it is **regular and followed over time**.

2 TREATMENT

Every psoriasis, vitiligo and skin type reacts differently: **check with your dermatologist.** We recommend a two-week starting therapy:

WEEK 1	WEEK 2	AFTER THAT
30 s	**≤ 60 s**	**Break**
per area per day	gradual increase depending on results	a few days, then minimum dose

Do not exceed **2 weeks in a row**. Then find the minimum time and frequency (no longer daily) that keep the results: short, very regular exposures give the best results. **Treat only the affected areas.**

3 QUICK START

- Put on the **UV protective goggles or eye shields** provided.
- **Plug** the lamp into the mains, then **switch it on**.
- Hold it between **3 cm minimum and 20 cm maximum** from the skin.

The lamp does not light up? The tube may have come unclipped during transport: with the lamp unplugged, hold it upright, tube facing you, and press on top of the tube with two fingers until you hear the “click”.

WARNING!

Safety rules to follow at every session

NEVER EXPOSE the eyes, genitals, breasts, mucous membranes or body orifices in general.

- **Do not expose** scars, tattoos, lesions, varicose veins, stretch marks, surgery marks, port-wine stains, birthmarks or moles: **cover them completely** during the session.
- The skin must be **free of any other treatment or cosmetic**: oil, spray, lotion, ointment…
- As with the sun, exposure that is too long or too frequent can cause **sunburn** and, in extreme cases, **burns, skin diseases or skin cancer**.
- **Stop or reduce immediately** the time and frequency at the slightest feeling of heat or sunburn.
- Use the lamp **only for your own medical treatment**: do not lend it for a case that is not diagnosed, prescribed or monitored.
- **Not for children under 16.** Keep out of the reach of children.

! CONTRAINDICATIONS

- xeroderma pigmentosum, photodermatoses
- pregnancy or breastfeeding
- systemic lupus erythematosus
- radioactive or arsenic treatment
- family history of melanoma
- liver disorders
- basal cell naevus syndrome
- basal cell carcinoma
- pemphigus
- porphyria
- cataract
- cancer

– ongoing PUVA therapy, or use of any photosensitising agent (psoralen…)