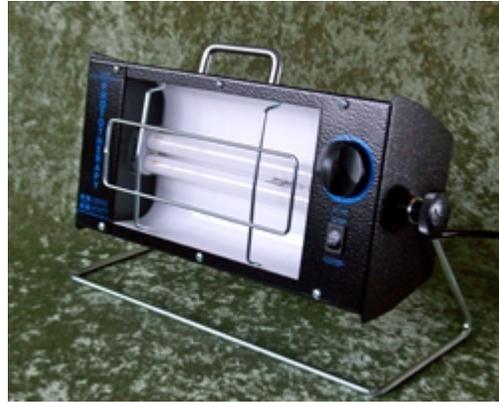


## PH-36-F Psoriasis Lamp Manufactured by KBD, Inc.

### Home Ultraviolet Phototherapy



#### Patient Instructions and Protocol

- BEFORE STARTING THERAPY, YOU MUST CONSULT A PHYSICIAN REGARDING YOUR SKIN TYPE AND TO OBTAIN AN INDIVIDUALIZED TREATMENT PLAN.
- The goal of UV phototherapy treatment is to achieve clearing within a period of several weeks without experiencing reddening or burning of the skin. A painless “pinkening” of the skin is acceptable. UV works by delivering light to the skin. Light is a form of energy. The time of exposure to the light determines the total amount of energy delivered.
- Skin that is to be treated must be free of lotions, make-up, deodorant, etc.
- Apply a thin layer of mineral oil to the areas of psoriasis.
- Males must wear covering over the genitals while undergoing treatment.
- Eye protection in the form of UV goggles (provided) must be worn at all times when the PH-36-F phototherapy unit is activated.
- ***The amount of light is highly dependent on how close you are to the unit. You must be consistent – ensure you are the same distance each time. 14 inches (0.36 meter) has been used for all dosage calculations. 0.75 MED is achieved in 2.00 minutes when the distance is 14 inches.***
- A low initial exposure time should be used to help prevent burning, and then the dose is gradually increased in small increments until an adequate response is achieved. **A starting dose of .75 MED (2 minutes @ 14 inches) to each treatment area can be used.**
- If pinkening of the skin (slight erythema) occurs from the last treatment, maintain last treatment time. If reddening or sunburn occurs, stop treatment until reddening dissipates, then start at one half of the last treatment time.
- Frequency of treatment is determined by your prescribing physician until clearing occurs.
- Once clearing has occurred to an acceptable degree, gradually reduce the frequency of treatments. Maintenance therapy typically involves two to three treatments per week; maintain this schedule for about 2-3 weeks. If clearing continues, one treatment every 7-10 days may suffice. You may discontinue treatment unless flaring occurs or maintain a minimum schedule as determined by your physician.
- If the psoriasis begins to return at any stage, revert back to the last treatment schedule. For example, if flaring begins to occur during once a week maintenance treatments, increase the frequency of treatments back to twice a week for 2-3 weeks or as may be determined by your physician.