

Home Use Protocol for Narrowband UVB (nbUVB) Therapy for Vitiligo

Purpose

This protocol is designed to guide you on how to use a home narrowband UVB light unit safely and effectively for the treatment of vitiligo.

1. Getting Started

1. Equipment Setup:

- Ensure your nbUVB light unit is placed in a safe, well-ventilated location.
- Wear UV-blocking goggles to protect your eyes.

2. Treatment Area:

- Identify and mark the areas of skin to be treated.
- Expose only the areas of vitiligo to the light to avoid unnecessary UV exposure on unaffected skin.

3. Initial Dose:

- Start with the **minimum dose of exposure** as prescribed by your doctor. This will usually be **10–20 seconds** depending on your skin type.
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2. Treatment Schedule

• Frequency:

- Use the device **3 times per week** (e.g., Monday, Wednesday, Friday), with at least one rest day in between.

• Treatment Progression:

- Gradually increase the exposure time with each session, following the **increase/decrease rules** below.
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3. Rules for Adjusting Exposure Time

A. Increasing Time

- If the treated skin shows **no redness** or irritation 24 hours after treatment, **increase the exposure time by 10–20%** in the next session.
 - Example: If you started at 20 seconds, increase to 22–24 seconds.
 - Continue to increase gradually at this rate until you reach the **maximum exposure time** prescribed by your doctor.
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B. Signs to Decrease or Stop Treatment

If you experience any of the following **within 24 hours of treatment**:

- 1. Mild Redness (Pinkness):**
 - Repeat the same exposure time in the next session. Do **not** increase until redness resolves.
 - 2. Moderate Redness, Tenderness, or Irritation:**
 - Skip the next treatment session.
 - When you resume, **decrease the exposure time by 20–30%**.
 - 3. Severe Redness, Pain, or Blistering:**
 - **Stop treatments immediately** and contact your doctor.
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C. Adjusting Dosing After Missed Treatments

- **1 Week Missed (or Less):**
 - Resume treatment at the **same dose** as the last session.
- **1–2 Weeks Missed:**
 - Reduce the exposure time by **20–30%**.
 - Gradually increase as tolerated, using the standard 10–20% increase rule.
- **More Than 2 Weeks Missed:**
 - Restart at **50% of the last exposure time** and follow the gradual increase guidelines.

- If you are unsure how to proceed after a missed period, contact your doctor for guidance before resuming treatment.
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4. Maximum Time Limits

- Your doctor will specify the maximum treatment time for your skin type. Do **not exceed this time**, even if no redness occurs.
 - Typically, the maximum exposure time is **2–4 minutes** depending on your skin sensitivity.
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5. Monitoring Progress

- Take photographs every **4–6 weeks** to monitor improvement.
 - Report any changes in your skin condition, including areas of new redness, itching, or worsening vitiligo, to your doctor.
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6. Safety Reminders

1. Always wear **UV-blocking goggles** during treatment.
 2. Avoid exposing unaffected skin to UV light.
 3. Do **not** use the device if you have a **sunburn** or if your skin is peeling.
 4. Limit exposure to natural sunlight on treatment days.
 5. Notify your doctor if you experience prolonged redness, burning, or blistering.
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7. Follow-Up

- Schedule regular follow-ups with your doctor every **6–8 weeks** to review your progress and make necessary adjustments to the protocol.