

My light treatment

Skin Department



**Information for children, their families
and carers**

Dermatology

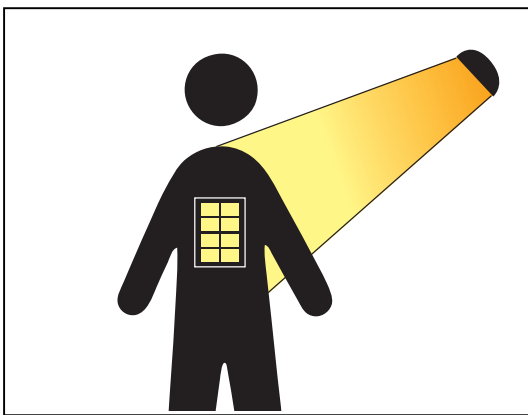


Easy Read



The doctor wants to help make your skin better. A special treatment called light treatment works for some skin problems like:

- Psoriasis
- Eczema
- Vitiligo



What happens next?

The day before your treatment you will need to come to hospital.

We will shine some light on your back. This doesn't hurt.

This will help us decide how much light to give you.



What happens when I come for my light treatment?

The next day you will come back to hospital.

The nurse will show you the light machine which they will use. It won't hurt.



Before the treatment, the nurse will ask you to get changed into a dressing gown. You can bring your own dressing gown from home or use one of ours.

The nurse will make sure your skin is not sore.

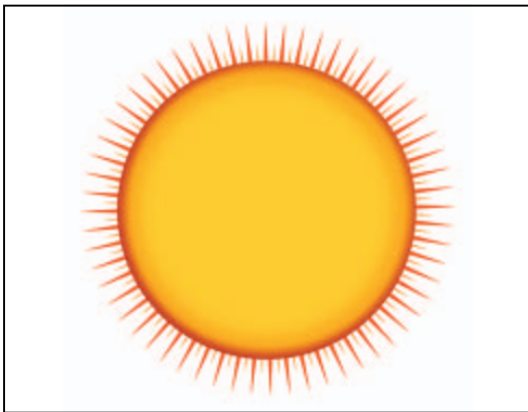


When you are ready the nurse will ask you to stand inside the light machine. You will need to wear special sunglasses and sometimes a see-through visor.



Can someone stay with me?

Whoever you decide to bring with you can wait outside the machine.



What will it feel like?

The nurse will start the light machine and the lights will come on.

When the light machine is switched on it will feel nice and warm. It won't hurt.



How long does it last?

It only lasts for a few seconds.

When the lights have gone off you can come out of the machine and get dressed.

You will be able to go home straight away.



Do I need to come to hospital again?

You will need to come to the hospital two or three times a week for a few weeks.

Each visit you will spend a little more time in the machine.



What happens if my skin feels sore?

Sometimes the light may make your skin look pink.

If it feels sore we can give you some cream to use.



If you have any more questions or want to know anything else,

you can ring the Light Department on:

0114 271 3670



Produced with support from Sheffield Hospitals Charity – working together we can help local patients feel even better

To donate visit www.sheffieldhospitalscharity.org.uk Registered Charity No 1169762



Alternative formats can be available on request. Email: alternativeformats@sth.nhs.uk

© Sheffield Teaching Hospitals NHS Foundation Trust 2019

Re-use of all or any part of this document is governed by copyright and the "Re-use of Public Sector Information Regulations 2005" SI 2005 No 1625. Information on re-use can be obtained from the Information Governance Department, Sheffield Teaching Hospitals. Email infogov@sth.nhs.uk

