

Patient information factsheet

Psoralen hand and foot soak at home before PUVA treatment

Your dermatology doctor has referred you for a course of psoralen ultraviolet light A (PUVA) treatment for your skin condition.

Before each of your PUVA treatments at the Southampton dermatology centre you will need to soak your hands and/or feet in a mixture of water and a drug called psoralen. The nurse will give you a syringe of liquid psoralen so that you can do this at home before you come to the dermatology centre. You will also need a measuring bowl, a sink and a towel.

How to do your psoralen hand and foot soak at home

1. Fill the bowl to the measured line with hot (not scalding) tap water (5 litres for hands, 5 litres for feet).
2. Gently squeeze all the contents of the psoralen syringe into the water (1ml for hands, 1ml for feet).
3. Place your hands and/or feet in the bowl and let them soak for 15 minutes, keeping the water swirled around them. It will feel like ordinary warm water on your skin.
4. After 15 minutes soaking, take your hands and/or feet out of the bowl and pat dry. Cover your hands with gloves and/or your feet with socks and shoes.
5. **The water must be discarded down the sink and the syringe must be disposed of in the bin after every treatment.**
6. You should ensure you arrive in the Southampton dermatology centre within 45 minutes after soaking to receive your PUVA treatment. In exceptional circumstances, treatment can be given up to two hours after soaking, but you must discuss this with the nurse first.

Seeking and acting on patient feedback is key to improving the quality of our services. The Friends and Family Test gives you the opportunity to give your view on the care or treatment you've received. You can complete the survey online by visiting <http://www.uhs.nhs.uk/PatientsAndVisitors/Patientexperienceandsatisfaction/Friends-and-Family-Test.aspx> and entering the password **rhmo** when prompted.

Contact us

You can contact our PUVA nurses by telephone on **023 8054 0203** on Mondays, Wednesdays and Fridays from 7.15 to 11.45am and 1 to 4.30pm.

Southampton dermatology centre
Level E, Fanshawe Wing, Royal South Hants Hospital, Southampton.
Tel: **023 8054 0204**, opening hours: 8am to 5pm Monday to Friday (Thursday 8am to 2pm only).

Useful links

www.bad.org.uk

If you need a translation of this document, an interpreter or a version in large print, Braille or on audiotape, please telephone 023 8120 4688 for help.