

## Patient information factsheet

# Psoralen hand and foot soak at home before PUVA treatment

We have given you this factsheet because your dermatology (skin) doctor has referred you for a course of psoralen ultraviolet light A (PUVA) treatment for your skin condition. One part of this treatment is soaking the affected area (hands or feet) in a mixture of water and a liquid medication called psoralen. This factsheet explains how to do this at home. We hope it will answer any questions you may have. If you have any further questions, please speak to a member of the team using the contact details at the end of the factsheet.

### Before PUVA treatment

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 medication called psoralen. You can have this done at the dermatology centre or you can do this at home before you come to the dermatology centre.

If you are soaking your hands and/or feet at home, the nurse will give you a syringe of liquid psoralen. You will also need:

- a measuring bowl (you will need two measuring bowls if you are soaking your hands and feet)
- a sink
- 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 (approximately four litres). If you are soaking both your hands and feet, you will need to use two separate bowls (one for your hands and one for your feet).
2. Gently squeeze all the contents of the psoralen syringe into the water. You should use 1.3 millilitres (mls) for hands and 1.3mls for feet.
3. Place your hands and/or feet in the bowl/s 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 of soaking, remove your hands and/or feet from the bowl/s and pat them dry.
5. Cover your hands with thick, dark gloves and/or your feet with thick, dark socks and shoes.
6. Pour the water down the sink and dispose of the syringe in the bin.

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You should arrive at Southampton dermatology centre within 30 minutes of 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.

## Contact us

You can contact our PUVA nurses if you have any queries or concerns.

### PUVA nurses

Telephone: **023 8120 2870** (Monday, Wednesday and Friday, 7.15am to 11.45am and 1pm to 4.30pm)

Email: [DermPPC@uhs.nhs.uk](mailto:DermPPC@uhs.nhs.uk)

### Southampton dermatology centre

Level E

Fanshawe Wing

Royal South Hants Hospital

Southampton

SO14 0YG

Telephone: **023 8120 2871** (Monday to Friday, 8am to 5pm, Thursday 8am to 2pm)

## Useful links

[www.bad.org.uk](http://www.bad.org.uk)

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