

Your photosensitive treatment plan

Information for patients

Treatment

For every day, to prevent flare ups:

Treatment

If there is a flare up:

Your diagnosis

.....
.....
.....
.....
.....

Light sensitivity

You are sensitive to:

..... to nanometers

UVB

UVA

Visible light

For a translation of this document, or a version in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email **patientsupporthub@uhs.nhs.uk**

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**

www.uhs.nhs.uk

Allergies

.....

.....

.....

.....

.....

Sun cream

We recommend that you use:

.....

.....

.....

Apply generous amounts of sun cream 30 minutes before you leave the house, and repeat just before you go out.

Reapply your sun cream at least every two hours. You should also reapply sun cream after swimming, sweating and any other activities that may wash it off.

Find a sun cream that is suitable for your skin. It should be factor 50 or above and provide UVA protection. Most people don't apply enough sun cream, so make sure you are using the recommended amount.

Clothing

When you go outside, wear the following items:

a broad-rimmed hat

UV protective clothing

UV protective gloves

other

You can buy UV protective clothing online (for example at www.coolibar.com).

You can also buy sun protective liquid (such as Rit Sun Guard) to wash into your clothes. This will have to be repeated regularly, but may work out cheaper than buying protective clothing.

Other products and suppliers are available.

Alternatively, you can protect yourself from light by wearing multiple layers of clothing.

If you can see through a piece of clothing when you hold it up to the light, it probably won't protect your skin. Tightly-woven clothing and fabrics like silk are more protective. Dark colours are better if you're sensitive to visible light.

Window covers

Normal clear window glass blocks UVB light, but UVA and visible light pass through it.

You can buy clear window film for your car and your home that blocks out UVA light. Your doctor can give you a leaflet with more information about DermaGard window film.

If you are sensitive to visible light, you may be able to use clear window film to protect you a little, or you may need to use other coloured window films.

Use the following covers on your windows:

DermaGard window film

other

UV index

A UV index is a daily prediction of the strength of UV radiation from the sun, similar to a weather forecast. It can be helpful to know the day's UV index when planning daily activities. If you have a smart phone, you can download free UV index apps that give daily UV level readings.