

Home Phototherapy | Getting Started

A quick reference guide for those considering home phototherapy to treat their psoriasis, vitiligo, or eczema.



Home Phototherapy: The Clear Choice

What is phototherapy?

Phototherapy is the use of light to treat photoresponsive skin conditions such as psoriasis, vitiligo, and eczema. In treatments, the skin is exposed to a special type of UV light which comes from a medical device commonly referred to as a phototherapy unit. These units range from hand-held and table-top devices for spot treatment of small areas to cabinet or “walk-in” units for patients requiring full body treatment. The medical lamps in these phototherapy units emit ultraviolet light at a very precise wavelength that creates changes within the skin cells.

Narrow band UVB has become very popular as it does not require the use of medications or drugs and is very effective¹ with minimal risk for side effects.

Who is phototherapy for?

In general, phototherapy is for patients of any age with moderate to severe cases of psoriasis, vitiligo, eczema, and other photoresponsive skin conditions. Ultimately, you and your physician will determine if phototherapy is right for you.

Is it a cure?

Phototherapy is quite effective¹ in treating the symptoms of many photoresponsive skin conditions. But, because these skin disorders are chronic, genetic diseases, flare-ups can occur periodically throughout life.

How long the clearing of symptoms will last after treatment varies from patient to patient, but phototherapy treatments can resume at any time if a patient’s symptoms return.

Is it safe?

Phototherapy is a safe¹ and desirable treatment option for many patients, especially when compared to other alternatives. The most common side effect associated with phototherapy is erythema - a mild reddening of the skin.

What is a treatment like?

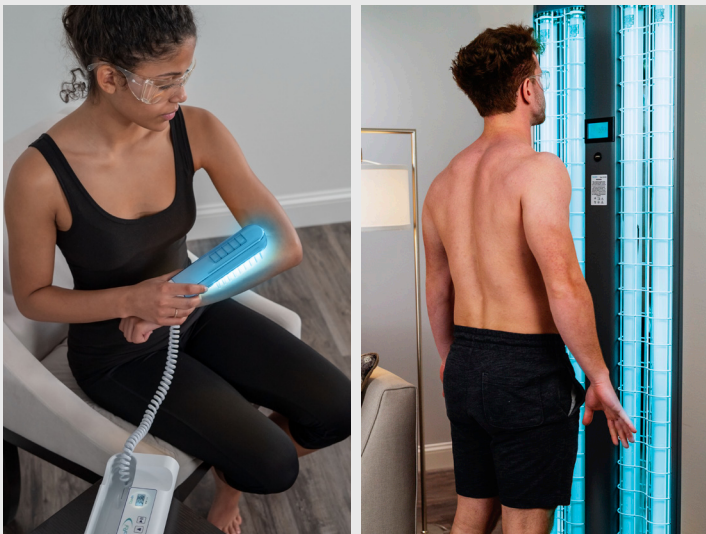
Phototherapy is a painless treatment consisting of exposing the affected areas of skin to the light. Your physician will choose the home device best suited to your needs as well as develop a treatment plan specific to your condition. A common treatment plan consists of about 3 treatments per week over the course of several weeks. Treatment times are typically very brief, usually lasting only seconds to minutes.

Will my insurance cover phototherapy?

Phototherapy is covered by many insurance plans and Daavlin’s team of skilled representatives will work alongside you to ensure you get your prescribed treatment with as little out-of-pocket cost as possible.

No insurance coverage? Not a problem. Daavlin’s goal is to make phototherapy accessible to all. We offer discounts, financing and payment options to make purchasing home phototherapy easy and affordable.

Why wait? Give Daavlin a call and start on your path to clearer skin today!



Ready to learn more? Contact us today.

Daavlin⁺

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1. Dogra S, Kanwar AJ. Narrow band UVB phototherapy in dermatology. Indian J Dermatol Venereol Leprol 2004;70: 205-9.