

Patient Name _____ Date of Prescription _____

You have been prescribed a home narrowband UVB phototherapy unit. Use this device as you would a prescription medication. You must use it only under the direction of a physician. Like any medication, this treatment can be very helpful, but it can also be harmful if not used properly.

About your treatment:

- Your skin type: _____ (as determined by you and your doctor)
- Your starting dose: _____ mJoules/cm²
- Starting frequency: _____ /week _____
- Increase dose by: _____ mJoules/cm² at this interval:
 - Every treatment until you can't increase it anymore without getting pink.
 - Every other treatment until you can't increase it anymore without getting pink.
- Maximum dose: _____ mJoules/cm² _____
- Please use the following to protect special areas:
 - The UV blocking goggles that came with your device
 - A towel, pillowcase or bag to cover the face
 - For men, protection for the genital area
 - Sunscreen: _____
 - Other: _____
- Special Instructions: _____

Maintenance Therapy:

Once you have cleared, you may be able to switch to "maintenance therapy" and reduce the frequency of your treatments to once weekly. Please call this office to discuss how to do this. Most often, we recommend that you use your last treatment dose.

Follow up schedule:

Follow up every _____ weeks while on **ACTIVE THERAPY**.

Follow up every _____ weeks while on **MAINTENANCE THERAPY**.

If you miss a treatment:

| Missed Treatment For: | What To Do: |
|-----------------------|----------------------------------|
| 1 week | Keep dose the same (no increase) |
| 2 weeks | Reduce dose by 25% |
| 3 weeks | Reduce dose by 50% |
| 4 weeks | Restart at beginning dose |

For Toll-Free
Technical Support,
call Daavlin at
1-800-322-8546 x 208

How to determine the TIME / BACK-UP TIME based on the dose using your dose chart:

1) Determine your FACTORY POWER OUTPUT COLUMN.

For example, if your unit's Factory Power Output is 3.0, then you will use the 3.0 output column.



| mW/cm ² | 1.0 | 1.5 | 2.0 | 2.5 | 3.0 | 3.5 | 4.0 |
|--------------------|-------|-------|-------|-------|-------|-------|-------|
| mJoules | | | | | | | |
| 120 | 02:00 | 01:20 | 01:00 | 00:48 | 00:40 | 00:34 | 00:30 |
| 130 | 02:10 | 01:27 | 01:05 | 00:52 | 00:43 | 00:37 | 00:33 |
| 140 | 02:20 | 01:33 | 01:10 | 00:56 | 00:47 | 00:40 | 00:35 |
| 150 | 02:30 | 01:40 | 01:15 | 01:00 | 00:50 | 00:43 | 00:38 |

2) Determine your DOSE ROW.

For example, if the starting dose given to you by your doctor is 150 mJoules, then find that dose in the far left hand column and follow that row across until you reach the output column.

| mW/cm ² | 1.0 | 1.5 | 2.0 | 2.5 | 3.0 | 3.5 | 4.0 |
|--------------------|-------|-------|-------|-------|-------|-------|-------|
| mJoules | | | | | | | |
| 120 | 02:00 | 01:20 | 01:00 | 00:48 | 00:40 | 00:34 | 00:30 |
| 130 | 02:10 | 01:27 | 01:05 | 00:52 | 00:43 | 00:37 | 00:33 |
| 140 | 02:20 | 01:33 | 01:10 | 00:56 | 00:47 | 00:40 | 00:35 |
| 150 | 02:30 | 01:40 | 01:15 | 01:00 | 00:50 | 00:43 | 00:38 |



3) Your TIME is where the OUTPUT COLUMN and the DOSE ROW meet.

In this example, the TIME is 00:50 (50 seconds).

4) You will likely need to increase your dose as directed by your physician.

For example, if your doctor told you to increase your dose from 150 to 170 mJoules at your second treatment, then you would follow the 170 dose row across to the 3.0 output column to find your new time, 57 seconds.

| mW/cm ² | 1.0 | 1.5 | 2.0 | 2.5 | 3.0 | 3.5 | 4.0 |
|--------------------|-------|-------|-------|-------|-------|-------|-------|
| mJoules | | | | | | | |
| 120 | 02:00 | 01:20 | 01:00 | 00:48 | 00:40 | 00:34 | 00:30 |
| 130 | 02:10 | 01:27 | 01:05 | 00:52 | 00:43 | 00:37 | 00:33 |
| 140 | 02:20 | 01:33 | 01:10 | 00:56 | 00:47 | 00:40 | 00:35 |
| 150 | 02:30 | 01:40 | 01:15 | 01:00 | 00:50 | 00:43 | 00:38 |
| 160 | 02:40 | 01:47 | 01:20 | 01:04 | 00:53 | 00:46 | 00:42 |
| 170 | 02:50 | 01:53 | 01:25 | 01:08 | 00:57 | 00:49 | 00:45 |