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## **Xtrac Patient Information**

### **Psoriasis/Atopic Derm**

Xtrac is a controlled form of light therapy that uses ultra-violet B rays, known as narrow-band UVB. This targeted form of light therapy was approved by the FDA in 2000 for the purpose of only treating affected areas of psoriasis in a safe and painless environment. Xtrac is mostly used to treat stubborn areas (for example: scalp, hands and feet) along with prescription topicals, systemic or biologic treatments. Once psoriasis is cleared or maintained, you may have 3-6 months of remission.

#### What to expect:

- Consistent 2 –3 weekly appointments for several months with at least 24-48 hours in between each treatment.
- You may experience mild-moderate tenderness or blistering of treated areas (similar to sunburn) for 24-72 hours after treatments which indicates a positive response to Xtrac light therapy.
- You should expect to notice improvement, as we increase dosages at each appointment.

#### Side Effects:

- Blistering is a normal side effect and may lead to faster clearance.
- Hyperpigmentation (tan spots) may develop, but will fade over time once we have completed treatments.

#### Do's and Don'ts:

- Do not apply any solutions, lotions, creams or ointments before treatments. Unfortunately, the laser will not penetrate through the topicals. Once we have completed your treatment for the day you may apply your prescription topical.
- If we are treating your scalp, please limit hairsprays, gels or any other hair product and come with a clean scalp.
- Do let your technician know where you experienced any tenderness or blistering, this will help us gauge your treatment dosage for that session.
- Do sign our sign-in sheet at our check-in counter at each appointment; this will help us know that you are here. If you have waited more than 5-10 minutes our sub waiting rooms, please notify our employee's at the checkout counter.
- Do stop by our check out counter after each treatment to ensure we have all appointments scheduled correctly and pay your allotted out of pocket cost for each session.
- Do not excessively expose treated areas to sun light, this will prevent blistering or tenderness.

**\*\*Our medical assistants do their best to keep your appointment time, but if you find yourself waiting for more than 5-7 minutes, please stop by the check-out desk and inquire about your appointment time. Please keep in mind that we have a strict schedule and to try sign -in a few minutes before your appointment time. Also, if you need to reschedule or cancel your appointments, please call 24 hours in advance and ask to speak to the Light Department or leave us a detailed voicemail.\*\***