

My Light Treatment

Information for children



Leeds children's
hospital

caring about children



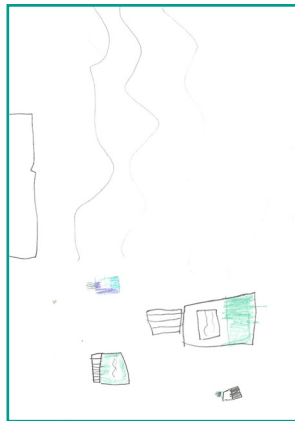
The doctor wants you to have a special treatment called light treatment (this is a bit like sunlight), which can make your skin better.

What happens next?

Before your treatment, you will need to come to hospital for a short time.

We will shine some light on a small part of your skin, usually your tummy.

This is like shining a torch.



Drawing by Kaja, aged 8

This will help us decide how much light to give you.

What happens when I come for my light treatment?

The next day, you will come back to hospital.



The nurse will show you the light machine.

This treatment is usually pleasant and not a problem.



The machine has lots of bright lights in it.



Drawing by Archie, aged 8



Before each treatment, the nurse will look at your skin to see how well it is doing.

You will need to take your clothes off before your treatment.

When you are ready, the nurse will ask you to stand inside the light machine.

You might be asked to close your eyes, wear special goggles or a see-through face shield.



Can someone stay with me?

Yes.

Whoever you would like to bring with you can wait outside the machine.

Whilst in the machine, you can talk to your mum or dad.



What will it feel like?

When the light machine comes on it will feel nice and warm.

How long does it last?

It only lasts a few seconds.

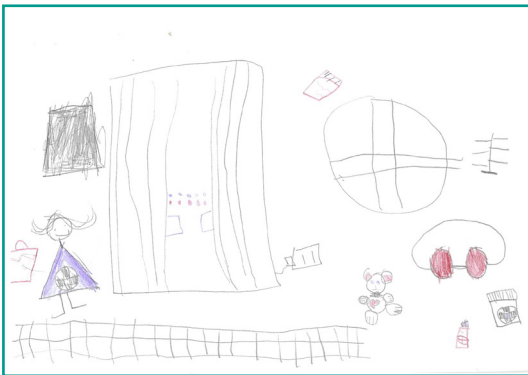
Each visit, you will spend a little more time in the machine.

You will need to come to the hospital for treatment three times per week for a few weeks.

What happens if my skin looks redder and feels hotter?

The light can sometimes make your skin look pinker or redder, like having too much sunshine.

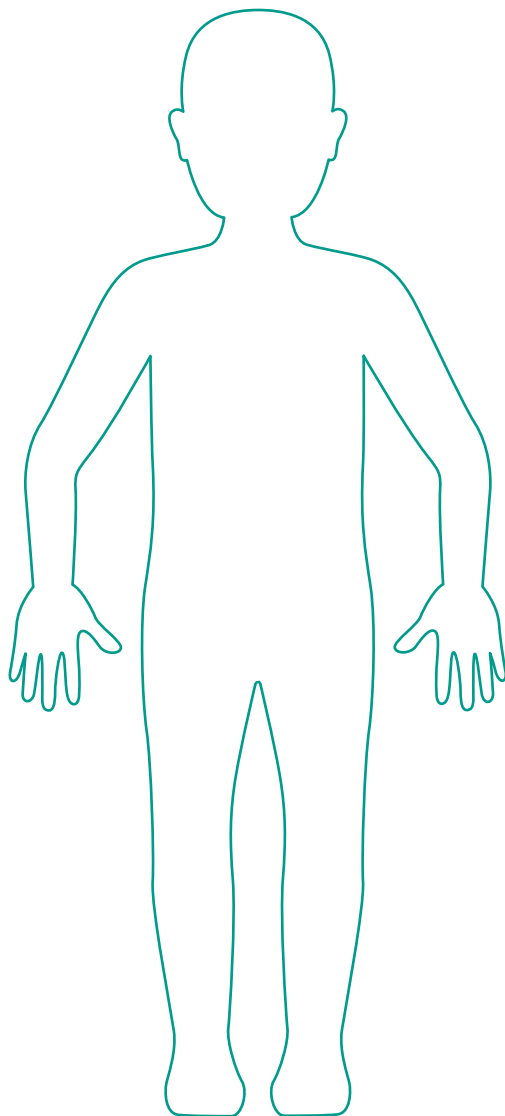
We may give you less light treatment or no treatment until it feels better.



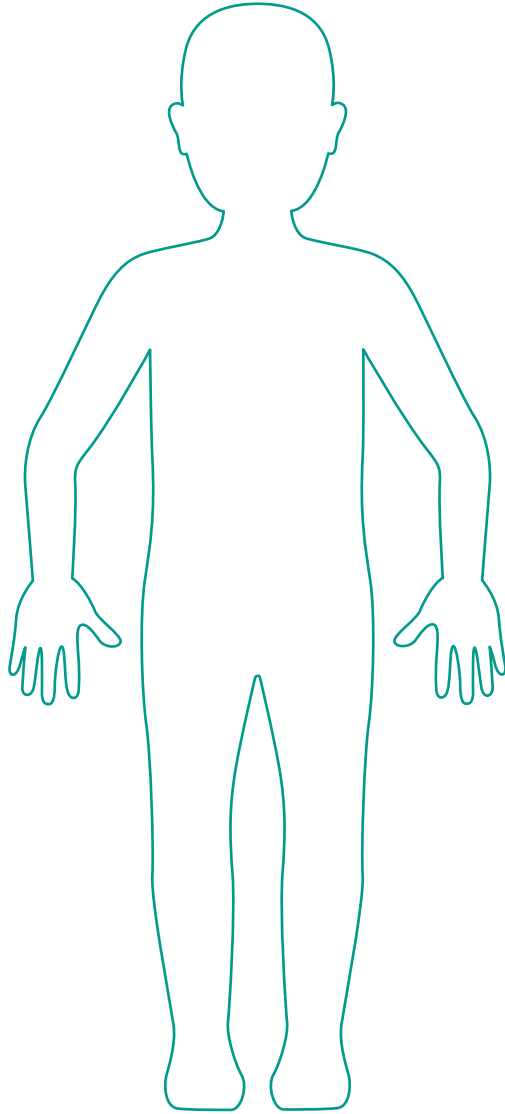
Drawing by Kaja, aged 8

Please colour where your skin feels sore:

Front:



Back:



If you have any questions - never hesitate to ask the nurse or doctor.



What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



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Developed by: Jane Emmonds, Phototherapy Nurse Practitioner

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