



Advanced[®] Dermatology

Skin Cancer and
Laser Surgery Center, P.C.

www.advaderm.com

Board Certified Dermatologists

General Dermatology

Gregory G. Papadeas, D.O.
James T. Chapman, M.D.
Steven A. Brenman, D.O.
Jamie G. Surovik, M.D.
Jennifer A. Ray, M.D.
Ryan G. Gamble, M.D.
Dawnielle C. Endly, D.O.
Ryan O'Leary, M.D.
Powell Perng, M.D.
Anne H. Hanson, D.O.
Roger I. Ceilley, M.D.

Mohs Micrographic Surgery

Darlene Johnson Skow, M.D.
Misha D. Miller, M.D.
Jamison E. Strahan, M.D.

Dermatopathology

Sean Amsbaugh, M.D.

Pediatric Dermatology



Medical Center of Aurora

1390 South Potomac Street
Suite 124
Aurora, CO 80012
303-368-8611
303-368-9791 fax

Centennial

12645 East Euclid Drive
Centennial, CO 80111
303-493-1910
303-493-1915 fax

Evergreen Medical Center

30960 Stagecoach Blvd., Suite W140
Evergreen, CO 80439
303-670-7065
303-674-6055 fax

Summit County

710 Summit Blvd., Suite 102
PO Box 4005
Frisco, CO 80443
970-668-9650
970-668-9654 fax

Castle Rock

2352 Meadows Blvd., Suite 225
Castle Rock, CO 80109
303-493-1910

XTRAC EXCIMER LASER – VITILIGO PATIENT INFORMATION

UVB (ultraviolet B light) is the most common form of phototherapy used to treat various skin diseases, including Vitiligo. You will be exposed to this intense UVB light during each treatment session. This treatment is NOT A CURE but can effectively improve your disease.

The excimer laser is a form of UVB phototherapy that emits a single wavelength of UVB light, which eliminates other harmful UV rays. Clinical studies have indicated the XTRAC laser tends to be the most successful in treating vitiligo on the face, neck, and upper chest, and least successful on the hands and feet. Repigmentation of affected areas will generally begin within 10 treatments and successful repigmentation can often be obtained in 30 treatments or less. Most patients receive 2-3 treatments per week. If full repigmentation occurs, the results may be permanent.

Each individual will respond to UVB light differently and the total number of treatments needed to repigment the skin will vary. *Not all patients will respond to UVB phototherapy.*

The expected benefits of excimer laser phototherapy are:

- Improvement of tissue pigmentation.
- Remission- In some cases, phototherapy has resulted in repigmentation of the affected tissue. The duration of this remission varies with each patient. Maintenance therapy may be required.

Risks and side effects of excimer laser phototherapy:

- The most common side effect of this therapy is UVB-induced sunburn or blistering. This may occur at any time during therapy. Certain drugs may also enhance the possibility of a sunburn-type reaction. Please let your doctor/nurse know of any medication you are taking, or any that you start taking while undergoing phototherapy.
- Increased pigmentation may occur, especially after blistering sunburn-type reactions.
- It is possible with any form of UV light that an increased incidence of skin cancer may occur later in some patients, usually after extended exposure to light.
- UV treatments may cause dryness and itching.
- UV treatments age the skin over time and may increase freckles and pigmentation of the skin.
- Ultraviolet rays may damage the eyes and increase your risk of cataracts. This is preventable with protective eye goggles worn during treatment.



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What to Expect from Treatment:

- You will need to be seen two to three times weekly for your Vitiligo treatments, with at least 48 hours between sessions. It is important to be consistent with the treatment and we recommend scheduling your appointments in advance.
- The XTRAC laser works best for areas of Vitiligo on the face, neck, and upper chest. Hands, feet, fingers, and toes typically do not respond as well as other areas of the body to UVB phototherapy.
- Repigmentation of treated areas may take 30 or more treatment sessions depending on individual response to UVB phototherapy.
- Once repigmentation of treated areas is achieved, results may be permanent.

Pre-Treatment Instruction and Possible Side Effects

- The area being treated should be clean and dry when you arrive for your appointment. Do not apply any lotions, creams or medications.
- Blistering is a normal side effect of the Excimer laser and often leads to faster clearance.
- Hyperpigmentation (tan spot) may develop and will fade over time once therapy is complete.
- Moderate skin tenderness (similar to mild sunburn) lasting 24-72 hours indicates a good therapeutic response to the Excimer laser.

Post-Treatment Instructions

- Treat your skin as you usually would, and apply any medications, creams, lotions etc. freely. Do not stop your current medications unless instructed by your physician.
- Keep treated areas free from excessive sun exposure between treatment sessions. Sunscreen should be applied to the treated areas for the next 24-72 hours following treatment.
- Blistering can be a normal side effect of treatment. If blistering occurs, you should soak the treated areas with a solution of 1tsp white vinegar in 1 cup cold water. Ice can be applied directly over the vinegar soak. After soaking for approximately 20 minutes, the area should be patted dry and Aquaphor or Hydrocortisone 1% cream can be applied. Follow this procedure ever 4-6 hours until the blister heals.
- Pay attention to any skin tenderness on treated areas and take note of how long it lasts.

Additional information about the XTRAC Excimer laser can be found on-line at www.xtracclaser.com or by calling 1-800-800-4758

If you have any problems regarding your last treatment, please do not hesitate to call the office 24 hours a day.