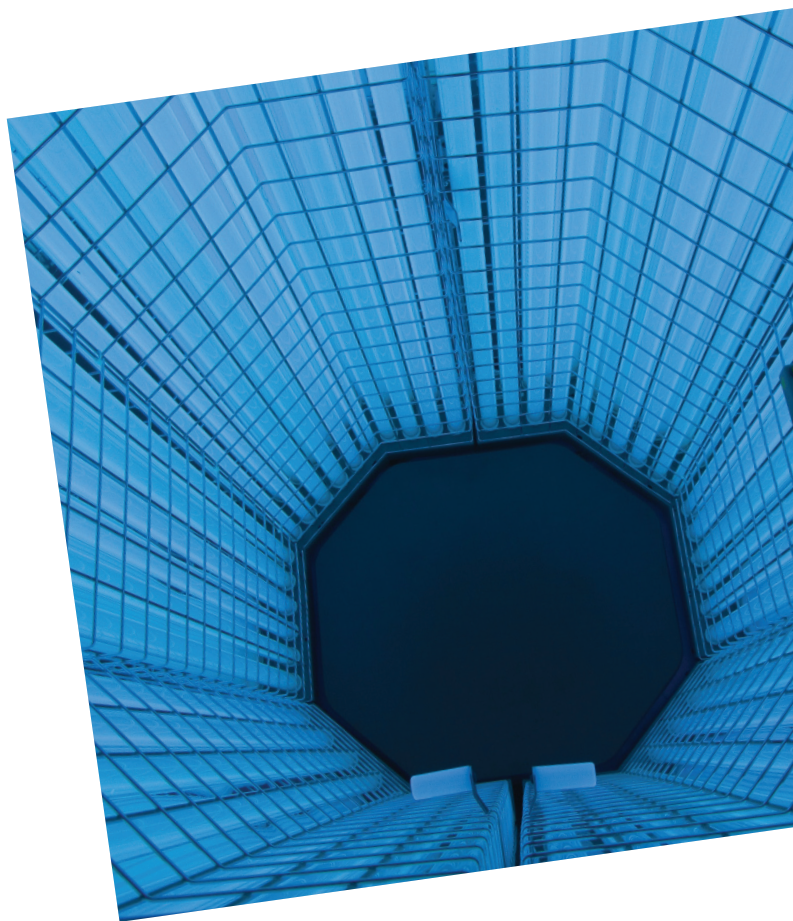


Phototherapy



The Dermatology service offers specialist care to patients with skin conditions such as acne, blistering skin, drug-related rash, eczema, hair and nail-related problems, pigmented skin lesions (moles, seborrhoeic warts, solar lentigo), psoriasis, skin cancer, skin infections (viral warts, shingles, impetigo) and urticaria. Specialist outpatient clinics are offered at Ng Teng Fong General Hospital (NTFGH) and Jurong Medical Centre. Inpatient dermatological care is offered at NTFGH. We also perform skin biopsy, skin-scraping and nail-clipping for mycology, dermoscopy of pigmented lesions, removal of benign skin lesions (skin tags, moles), excision of malignant skin tumours, cryotherapy and carbon dioxide laser for stubborn viral warts.

What is Phototherapy?

Phototherapy is an outpatient treatment that involves the use of ultraviolet light to treat certain skin conditions.

Skin disorders that may be treated with phototherapy include:

- Psoriasis
- Eczema
- Vitiligo
- Lichen planus
- Generalised pruritus (itchy skin)



What does Phototherapy involve?

Phototherapy is performed in the outpatient clinic by a nurse. Patients will need to undress to expose the affected areas of their skin and stand in a walk-in cabinet containing special fluorescent light bulbs.

The first few sessions will last less than a minute, with subsequent exposure gradually building up to a few minutes. The usual treatment schedule will be two to three times weekly and the average course will last between 15 to 30 sessions.

Possible side-effects:

- Redness and discomfort of the skin (sunburn reaction)
- Dry and itchy skin
- Tanning of skin
- Worsening of skin condition (phototherapy would be stopped)
- Polymorphic light eruption (sun sensitivity rash)

Potential long term side-effects:

- Premature skin ageing
- Possible raised risk of skin cancer with multiple courses of phototherapy although the risk is considered very low with ultraviolet B (UVB) phototherapy.



Notes:

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

www.ntfgh.com.sg | www.jch.com.sg

Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

*Please refer to our websites for more details.

General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: contactus@nuhs.edu.sg

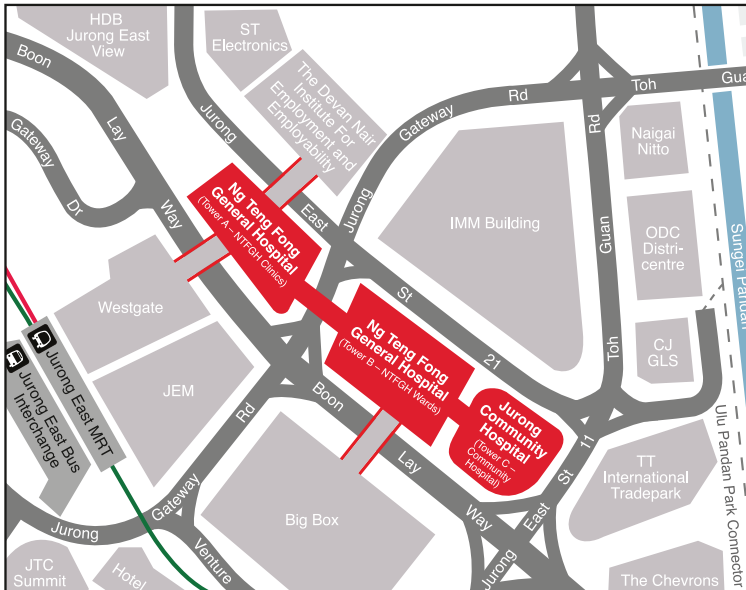
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: appointment@nuhs.edu.sg

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: JHCampus_Dental@nuhs.edu.sg

Getting there



By train

Alight at Jurong East MRT Station

By bus

Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.