香港浸信會醫院
Hong Kong Baptist Hospital

Procedure Information Sheet

Introduction

Monochromatic excimer light is a light with a wavelength of 308nm. It is presumed to alter immune response to the treated areas and is found to be useful in the treatment of vitiligo, psoriasis, alopecia areata and mycosis fungoides. For vitiligo, it has been shown to be more effective than traditional narrow band UVB light in obtaining repigmentation. Apart from its immunomodulating effects, it is thought to work by stimulating melanin production and recruitment of melanocytes from the adjacent skin.

Indications

1. Vitiligo
2. Alopecia areata
3. Psoriasis
4. Mycosis fungoides

Before the Operation / Procedure

1. Treatment is usually painless but there might be some minor discomfort.
2. Treatment is usually 1-2 times a weekly for about 12 weeks, depending on response.
3. Multiple treatments (> 30) are usually required for improvement and total clearance may not be possible.
4. Clinical results vary and there is no guarantee to the final outcome of the treatment.
5. Recurrence is possible.
6. Photographs will be taken before and after the procedure.

After the Operation / Procedure

1. Routine skin care products and makeup may be used immediately after the procedure.
2. Apply sunscreen and avoid exposure to sunlight.

Risks and Complications

1. Redness, swelling, blistering, infection, unpredictable scarring, hyper- or hypo- pigmentation of the treated and adjacent skin.
2. Hyperpigmentation may last for 1-12 months or longer.

Disclaimer

This leaflet only provides general information pertaining to this operation / procedure. While common risks and complications are described, the list is not exhaustive, and the degree of risk could also vary between patients. Please contact your doctor for detailed information and specific enquiry.

Reference

1. Salah Eldin MM, Sami NA, Aly DG, Hanafy NS. Comparison Between (311-312 nm) Narrow Band Ultraviolet-B Phototherapy and (308 nm) Monochromatic Excimer Light Phototherapy in Treatment of Vitiligo: A Histopathological Study. J Lasers Med Sci. 2017;8(3):123 – 127
2. Al Hamzawi NK. Evaluation of the Efficacy and Safety of 308-nm Monochromatic Excimer Lamp in the Treatment of Resistant Alopecia Areata. Int J Trichology. 2019;11(5):199–206

Patient's Label
Patient Name: _____
Hospital No:_____
Episode No:_____

Patient's Signature:_____ Date:_____