

### **Patient Expectations**

- » Schedule appointments twice weekly with at least 48 hours between sessions.
- » Moderate skin tenderness (similar to a mild sunburn) lasting 24-72 hours indicates a positive therapeutic response to the XTRAC laser treatment.
- » On average, patients notice improvement between 6-10 sessions and clearance between 10-20 sessions.
- » Plaques on hands, feet, and scalp usually take more treatments to resolve.
- » Clearance rates will vary as each individual will react differently to UVB light.
- » Average remission rates for excimer laser therapy range from 3-6 months.

### **Possible Side Effects**

- » Blistering is a normal side effect of excimer therapy and often leads to faster clearance.
- » Hyperpigmentation (tan spots) may develop and will fade over time once therapy is complete.

### **Pre-Treatment Instructions**

- » Skin should be clean and dry when you arrive for your appointment - do not apply any lotions, creams, or medications.
- » Review all areas of psoriasis with the clinician.
- » Review all side effects or prior treatments with the clinician.
- » Wear protective eyewear provided by the excimer clinician.

### **Post-Treatment Instructions**

- » Schedule next appointment before leaving the office.
- » 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.
- » Pay attention to any skin tenderness on treated areas and take note of how long it lasts.

Please follow up with your provider at Truyu Aesthetic Center if you have any questions or concerns, 701.780.6623.