

## **Evaluation of vaseline oil applied prior to UVB TL01 phototherapy in the treatment of psoriasis.**

[Penven K](#), [Leroy D](#), [Verneuil L](#), [Faguer K](#), [Dompmartin A](#).

Service de Dermatologie, Centre Hospitalier Universitaire de Caen, Avenue Georges Clemenceau, 14033 Caen Cedex, France.

**BACKGROUND:** Use of emollient prior to phototherapy could enhance UV transmission through psoriasis plaques on the condition that the emollient is not photoprotective. Emollient pretreatment with narrow-band phototherapy (313 nm) has not been studied extensively. We conducted a study to assess if vaseline oil prior to UVB TL01, in chronic psoriasis plaques could accelerate psoriasis clearance. **METHODS:** Fifteen patients with chronic psoriasis plaques were enrolled in a prospective, single-blind, controlled study. For each patient, one to three symmetrical pairs of plaque were selected and scored initially and after every six exposures. **RESULTS:** On the vaseline oil pretreated side, significantly more plaques were cleared, especially in severe psoriasis. Scaling and infiltration were significantly improved. Application of vaseline oil was more interesting in thick and scaly psoriasis probably because the oil penetrates the intercellular space allowing an optical matching effect which increases the UV transmission. **CONCLUSION:** We strongly recommend vaseline oil pretreatment with UVB TL01 phototherapy in psoriasis, especially in severe psoriasis.

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- [Clinical Trial](#)
- [Controlled Clinical Trial](#)

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