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## Name of the Examination/Treatment

Treatment with Grenz Rays

## Brief Description of the Examination/Treatment

Grenz ray therapy is a treatment method used for eczema, psoriasis, and certain other rare conditions. The rays are a type of electromagnetic waves similar to X-rays. They are also called "soft X-rays" because they penetrate no deeper than approximately 2 millimeters into the skin. The rays are invisible, and the mechanism of action is only partially understood. The treatment reduces cell division in the skin and calms the activity of the skin lesions.



A Grenz Ray machine.

## BEFORE:

### How can I prepare?

- Dry skin flakes/scales should be removed before treatment, as these can prevent the rays from reaching the affected skin. Cortisone ointment can be applied to irritated rashes in the weeks leading up to treatment to reduce eczema. Salicylic vaseline can be applied to scaly or thickened skin 1-2 weeks before treatment begins. Salicylic oil can be used in the scalp in the same way as part of dscaling treatment.
- Please do not apply medical creams/ointments to the areas being treated on the day of your appointment. You can apply them one hour after treatment if such creams/ointments have been prescribed by a doctor. Moisturizer can be applied immediately after the treatment.

## DURING:

### How is the treatment/examination conducted?

During the treatment, the Grenz ray machine is placed directly over and very close to the skin that is to be treated. It is important that the same area of skin is only treated once and that the rays do not overlap. Therefore, some time is spent adjusting the machine and covering the skin areas that have already been treated.



Treatment of the Hand

### Does it hurt?

The treatment is completely painless

### How long does the treatment/examination last?

Usually, one treatment is given per week for a total of 4 weeks. Each treatment takes between 15-30 minutes, including preparation. The actual irradiation lasts only a few seconds.

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## AFTER:

### What happens afterward?

The usual dose for treatment is 2.5 to 5 Gy (pronounced "grey"), depending on the area of the body being treated. There should be at least 6 months before the same area of skin can receive another treatment.

The treated area should not be exposed to sunlight during the weeks of treatment. The skin must be covered to prevent the risk of sunburn.

### Side Effects and Complications

During treatment, increased pigmentation (discoloration) may occasionally occur in the treated area, but this will often fade over time and may disappear completely. In some cases, mild burns may occur if the dose is too high.

No more than 100 Gy should be given to the same skin area over a lifetime. Excessive treatment, similar to regular sun exposure, can lead to skin cancer, which is why we carefully monitor the dose you receive.

### Should I have a follow-up or check-up?

A follow-up will be scheduled with your referring dermatologist or at the outpatient dermatology clinic after treatment is completed.

### Local Information Regarding Follow-Up

If your skin improves with other treatments before your appointment, we kindly ask that you cancel your Grenz ray therapy appointment so that the time can be used for other patients

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## Sources of Information

Patient information is based on the following evidence-based procedure: Grenz Ray Therapy

## Frequently Asked Questions

### Can I receive Grenz ray therapy if I am pregnant or breastfeeding?

We only treat hands and feet if you are pregnant. Grenz rays penetrate only a few millimeters into the skin, so there is no risk to the fetus if the mother receives Grenz ray treatment on these areas

## Other eHandbook Documents

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