Radcliffe Watts
Take Control of Your Skin

PATIENT DISCUSSION GUIDE

Ask Your Dermatologist About Klär Lite™

A guide to discussing prescription home light therapy for psoriasis

START THE CONVERSATION

"I learned about Klär Lite from Radcliffe Watts. Could this type of home light therapy be appropriate for my psoriasis?"

Is it a good fit?

01 Would targeted narrowband UVB light therapy be suitable for my psoriasis and the areas I want to treat?

02 I believe I can follow the device instructions and treatment schedule consistently at home. Do you agree that I would be a good candidate for home treatment?

03 Would it be used alongside my current treatment, or would you recommend changes?

04 Does my skin type, medical history, or any medication I take affect whether this treatment is appropriate?

What should I expect?

05 What side effects should I watch for, and when should I stop treatment and contact you?

06 When should we assess whether it is helping, and what results would be realistic for me?

07 What follow-up appointments or progress tracking would you recommend?

What are the next steps?

08 If Klär Lite is appropriate for me, would you be able to write me a prescription for this device?

09 I read about the LITE study comparing home and in-office phototherapy. How relevant are those findings to my situation? Could a localized device be helpful for me?

Bring to your appointment

- ☐ A list of your medications and supplements.
- ☐ Details of psoriasis treatments you have tried and how they worked.
- ☐ Notes about the areas you want to treat and how psoriasis affects your daily life.

My notes

Resources for your dermatologist

Radcliffe Watts	radcliffewatts.com
NPF LITE study overview	psoriasis.org/lite-study
Full published LITE study	pmc.ncbi.nlm.nih.gov/articles/PMC11425190

> **About the LITE study:** It evaluated home versus office narrowband UVB phototherapy using other equipment—not Klär Lite. It can inform a discussion about home phototherapy, but it does not establish results for Klär Lite.
>
> The National Psoriasis Foundation (NPF) and published-study links are provided for reference only and do not imply endorsement of Klär Lite.

Prepared by Radcliffe Watts. This guide supports a conversation with your dermatologist; it does not determine whether treatment is appropriate. Klär Lite requires a prescription. Follow your prescribing professional's directions and the device Instructions for Use. Do not change your current treatment without consulting your clinician.