
PATIENT'S GUIDE

Treatment for persistent Skin Conditions

Grenz Ray Therapy Explained



Grenz Ray Therapy is a specialised, very low energy radiation treatment used to treat certain chronic skin conditions. It works only on the top layer of the skin (the epidermis), which means:

- Treatment is highly targeted
- Deeper tissues are not affected
- Long term side effects are minimal and uncommon



Grenz Ray Therapy was first developed in the 1920s, it remains a highly specialised treatment. Modern equipment delivers precisely controlled, low-dose radiation to targeted areas of the skin, helping to treat a variety of skin conditions.

What conditions can Grenz Ray Therapy help?

This treatment may be suitable if you have long standing skin conditions that have not improved with other treatments, including:

- Psoriasis
- Chronic eczema
- Lichen planus
- Disseminated superficial actinic porokeratosis (DSAP)
- Palm and sole (hand/foot) skin conditions
- Other inflammatory skin disorders

When is it used?

Grenz Ray Therapy is often considered when:

- Creams or ointments haven't worked
- Light therapy (PUVA or NB-UVB) hasn't helped
- Other medications have not been effective or are not suitable

It offers an option before moving to stronger systemic treatments.

What does treatment involve?

- Short, simple outpatient sessions
- Usually once or twice a week for 4–6 weeks depending on the condition and Doctor assessment
- No injections, no need for anaesthetic
- You can return to normal activities straight away

Is it safe?

Yes. Because the treatment only affects the surface of the skin, it is generally very well tolerated.

Possible side effects are usually mild and temporary:

- Slight redness
- Dryness of the skin
- Mild, temporary thinning of hair in the treated area

Most people find the treatment comfortable and painless.

How effective is it?

- Around 70% of patients see improvement or good control of symptoms
- Some patients experience long lasting relief
- Treatment can be repeated if symptoms return

Why consider Grenz Ray Therapy?

- Targeted to the problem area only
- No systemic (whole body) side effects
- Simple and convenient treatment process
- Useful when other treatments have not worked

How to access treatment

If you think this treatment may be suitable for you:

- Speak with your GP or dermatologist
- Ask about referral for Grenz Ray Therapy



SkinScreen
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Book your appointment

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