

Please Note

During laser treatment you should avoid sun or sunbed exposure for at least 4-6 weeks prior, during the entire course and at least 4-6 weeks after final treatment.

Self-tan products should be completely washed off prior to attending the clinic or had time to wear off fully. You may not be able to have laser treatment if you are tanned.

If you fail to attend your appointment you will be discharged. To rearrange an appointment we require 2 weeks notice.

If you are being treated with a paraffin based product after your laser surgery, for example White Soft Paraffin or Emulsifying ointment, which is covered by a dressing or clothing, there is a danger that smoking, or using a naked flame could cause your dressing or clothing to catch fire.

Keep away from fire when using these products.

Patient Information

Acknowledgements or commendations can be received via our website www.sthk.nhs.uk

For information on treatment not covered by the NHS please e-mail:

laser.clinic@sthk.nhs.uk

**Mersey Regional Laser Unit, Room 5,
Fluoroscopy Unit, X-Ray Department,
Orange Zone, St Helens Hospital
Contact Telephone No. 0151 430 1854**

Carbon Dioxide Laser

Resurfacing & Lesion Removal

This leaflet can be made available in alternative languages / formats on request.

*如有需要, 本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供*

Na żądanie ta ulotka może zostać udostępniona w innych językach/formatach.

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Laser Treatment Information

This leaflet provides you with information and advice regarding your laser treatment.

Please read it carefully and if you have any questions ask your laser consultant or clinician.

Significant, unavoidable or frequently occurring risks include:

Hypo/hyper pigmentation, redness, swelling, blistering, bleeding, infection, burns, scarring, out-break of 'spots' acne, activation of cold sores.

Co2 Laser Treatments

- The Co2 laser is a sophisticated laser that can 'burn away' skin in a precise and controlled way. This allows resurfacing of skin with rapid healing times and removal of skin lesions with minimal scarring.

Precautions before Laser Treatment

- For any CO2 laser treatment, avoid sun or sunbed exposure for 4 weeks prior, during, and for 4-12 weeks after (depending on treatment).
- On the day of treatment, self-tan ('fake tan') products should be completely washed off prior to attending the clinic or had time to wear off fully.
- Any make-up should be removed from the area to be treated on the day of treatment.

- A broad-spectrum (UVA/UVB) sunscreen of SPF 30 or preferably a total sunblock of SPF 50 should be applied whenever exposed to the sun.

During the Procedure

- Safety considerations are important during the laser procedure. Protective eyewear will be worn by the patient and all personnel in the laser room during the procedure to reduce the chance of damage to the eye.

Post-operative Skin Care

- Immediately following treatment, the area will have some redness and raw areas, with some possible swelling. It will weep - this is normal.
- During the healing phase, the area must be treated delicately. Do not rub, scratch, or pick. If a crust develops, let it fall off on its own.
- Apply a thin layer of antibiotic ointment to the treated area three to four times a day to keep the area moist. Do not scrub the area, but wash gently and pat the area dry. Do not shave over the area if swelling, crusting or scabbing is present.
- If swelling occurs, apply cooling. Wrap ice in a soft, clean cloth or instead of ice frozen peas or a damp cloth that has been in the freezer. Discomfort or stinging may be relieved with paracetamol.

- Make-up should not be worn until the area is completely healed, and then it must be applied and removed delicately. Excess rubbing can open treated area increasing the chance of scarring.
- Avoid sports and/or strenuous exercises for 7-10 days following treatment. Walking is encouraged.
- Avoid very hot baths/showers/steam baths or sauna. Avoid swimming in strong chlorinated water for 2 weeks or until the wounds are completely healed.
- Do not use bleaching creams or perfumed products until the area is completely healed. Avoid exfoliating or peels for 3 months after treatment.
- **In case of signs of infection (pus, tenderness, fever), please contact your clinician's secretary through the hospital switchboard on 0151 426 1600, or for out of hours contact ward 3A on 0151 426 1520.**
- **Post-treatment skin care instructions should be followed to reduce the risks of any complications.**
- **Any sign of cold sores requires immediate treatment for the cold sore virus to prevent spread to the treated areas if within 2 weeks of treatment.**

If you are expecting an Outpatient appointment and do not receive one, please contact your Consultant's secretary.