

Please Note

During laser treatment you should avoid sun or sunbed exposure for at least 4-6 week 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



St Helens and Knowsley
Teaching Hospitals
NHS Trust

Cynergy (Vascular) Laser

595 nm/1064 nm (neodymium YAG)

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in alternative languages / formats
on request.

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

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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 — redness, swelling, bruising, blistering, burns, hypo/hyper pigmentation (light or dark areas on the skin), scarring.

Precautions before Laser Treatment

- For 1064 nm (neodymium YAG) wavelength treatment, avoid sun or sunbed exposure for two weeks prior, during, and four weeks after treatment.
- For 595 nm (pulsed dye laser) treatment, avoid sun or sunbed exposure for four weeks prior, during, and six weeks after 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.
- If hair is present, you may need to shave the area to be treated the day or night before your appointment, please check with the consultant/laser clinician.

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 retina in the eye.

Post-operative Skin Care

- Immediately following treatment, the area may show bruising or slight redness, with some possible swelling. Blistering may occur.
- 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 aloe vera ointment to the treated area several times a day to keep area moist.

- Do not scrub the area, pat the area dry.
- Do not shave over the area if swelling, crusting or scabbing is present.
- If swelling occurs, apply ice. Wrap the ice in a soft cloth. Discomfort or stinging may be relieved with paracetamol.
- If makeup is allowed, 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 2-3 days.
- Do not use bleaching creams or perfumed products for 24-48 hrs. Avoid exfoliating or peels for 1 week.

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.