

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 email:

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**

Elite Laser 755 nm/1064 nm (neodymium YAG)

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:

Redness, swelling, bruising, blistering, burns, hypo/hyper pigmentation (light or dark areas on the skin), scarring and for hair removal, although rare a possibility of increased hair growth.

Precautions before and after Laser Treatment

- Avoid sun or sunbed exposure for at least 4-6 weeks prior, during the entire course of, and at least 4-6 weeks after final 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.

- For laser hair removal, you must avoid plucking, waxing or bleaching hair for 6 weeks prior to treatment. Please shave the area to be treated the day or night before your appointment.

After Laser Treatment

- Immediately following treatment, the area may show a slight redness with some swelling. Blistering may occasionally occur.
- For laser hair removal, treated hairs will exfoliate or fall out in approximately 2-3 weeks.
- For pigmented lesion treatment, these may darken, and eventually crust over in 4-6 days.
- For thread veins, these may appear bruised at first and disappear in time.
- 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.
- 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 to avoid direct contact with the skin. Discomfort or stinging may be relieved with paracetamol.
- If makeup is allowed, it must be applied and removed delicately.

- Excess rubbing can open treated areas increasing the chance of scarring.
- The area being treated cannot be exposed to the sun or sunbed during the entire course of treatments and for at least 4-6 weeks after final 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.
- Avoid sports and/or strenuous exercise for 2-3 days following treatment for hair removal and 7-10 days for veins. 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 hours.
- 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 must be followed to help reduce the risk of any complications.**