

Post-treatment skin care instructions must be followed to prevent any complications.

Please contact the clinic on 0151 430 1854 with questions or concerns regarding your treatment.

### 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 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 need at least two 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 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

For information on treatments not carried out by the NHS please email: [laser.clinic@sthk.nhs.uk](mailto: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

## Affinity QS Laser 532 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.

## 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.

### Affinity QS Patient Care Instructions Before/During/ After Laser Treatment

- The area being treated cannot be exposed to the sun or sunbed exposure for 2 weeks prior, during and four weeks after treatment
- For 1064 nm wavelength treatment, avoid sun or sunbed exposure for 2 weeks prior, during and four weeks after treatment
- For 532 nm wavelength treatment, avoid sun or sunbed exposure for at least 4 - 6 weeks prior, during and at least 4 - 6 weeks after final treatment. Wait 3 weeks after use of artificial tan before having laser treatments
- 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. Sun exposure decreases the effectiveness of the laser treatment and can increase the chance of post-treatment complications
- Please remove all makeup, creams or oils prior to treatment
- An topical anaesthetic cream may be applied before each laser treatment where necessary

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

## 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

Following the procedure, the treated area may blister and have pinpoint bleeding for a few hours. The area should therefore be treated delicately.

Clean the treated area daily allowing water or shower to run over the wound, and then pat the area dry.

Apply antibiotic ointment to the wound using a 4 x 4 dressing until the wound heals.

If crusting occurs, do not shave or pick the area. Apply \_\_\_\_\_ ointment to wound area \_\_\_ times a day. Keep the area moist and let any scab fall off on its own.

Do not rub and/or scratch the treated area.

If swelling occurs, apply ice. Wrap the ice in a soft cloth. Discomfort or stinging may be relieved with paracetamol.

Try to avoid wearing tight clothing in the area treated for 2-3 days.

No swimming or using hot tubs/whirlpools until the wound heals.

Also avoid very hot baths/showers/steam baths or sauna until the wound heals.

Avoid sports and/or strenuous exercises until the wound heals. Walking is encouraged.

After treatment avoid sun exposure for 4-6 weeks. When treatment area is exposed to the sun use a broadspectrum (UVA/UVB) sunscreen of SPF 30 or preferably a total sunblock of SPF 50.

Contact the clinic if there is any indication of blistering or infection (redness, tenderness or pus).