

- Avoid exposure to the sun. High factor (SPF30 or above) sun cream should be frequently applied until the area has returned to your normal skin colour.
- Laser treatment may make the underlying skin colour darker or lighter. Any darkening, due to formation of brown skin pigment, usually fades over 6-12 months. If the skin is made paler, this may be permanent.

## Cancellations

- Please let us know as soon as possible if you think that you might not be able to make your appointment.
- Cancellations made within two weeks of an appointment often result in empty appointment slots as these are very difficult to fill at such short notice.
- Please let us know of any dates or times which may be unsuitable when booking your next appointment (usually 4-6 weeks apart).

## Senior staff at the Laser Clinic

### Consultant Plastic Surgeon:

Mr Richard Cole MB ChB ChM FRCS(Plast)

### Scientific Director:

Dr Tom Lister, PhD

### Sister:

Sue Royston

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If you need this information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 email: [customercare@salisbury.nhs.uk](mailto:customercare@salisbury.nhs.uk).

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

The evidence used in the preparation of this leaflet is available on request. Please email [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

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information

# Welcome to The Salisbury Laser Clinic

## Resurfacing Laser Clinic

Salisbury District  
 Hospital  
 01722 345520

[laser.enquiries@salisbury.nhs.uk](mailto:laser.enquiries@salisbury.nhs.uk)

[www.lasers.salisburyhealthcare.org](http://www.lasers.salisburyhealthcare.org)

[www.salisburylaserclinic](http://www.salisburylaserclinic)

The Erbium:YAG laser is a 'resurfacing' laser, which works by removing very thin layers from the surface of the skin. It is used to improve the appearance of moderate acne scarring, other superficial 'wart-like' type skin conditions, fine lines (or wrinkles) or certain types of scar.

- You may need to bring someone to drive you home after treatment.
- If you wear makeup over the area to be treated, please bring along the lotions you use to remove it.
- Photographs may be taken of the area to be treated so that progress can be monitored. The photographs will be kept in your hospital notes. If you wear make-up on the area to be treated, you will be asked to remove this before having your photograph taken.
- If you have a cold sore or other skin infection in the area to be treated, please inform the laser clinic staff as treatment must be delayed until the area is completely healed.
- If the area to be treated is on your leg, please wear loose trousers or a skirt. Tight clothes, like jeans, may irritate the area after treatment.
- Multiple treatments are often necessary.

## What will happen on the day?

- When you arrive you will meet the clinic staff involved in the laser treatment. They will explain the treatment to you.
- The first treatment will usually be on a small area to ensure that the laser settings are correct for you, and that a satisfactory result will be obtained.
- Everyone in the laser room must wear protective eye wear when the laser is being used. If the area to be treated is very near to the eye, special silver coloured goggles will be used.
- Patients having Erbium:YAG treatment will have a local or general anaesthetic. You will be told if you are going to have a general anaesthetic and instructions will be given to you.
- You should not feel any pain during treatment or for several hours after.

## After laser treatment

- As the surface of your skin in the treated area has been removed by the Erbium:YAG Laser, the treated area will look like a graze.
- You will be sent home with a dressing covering the treated

area. This must be kept dry. The dressing will come away easily when the graze has started to heal. Usually this occurs within a week but may take longer.

- An appointment to check the progress will be given to you for 7-10 days after the treatment.
- Some slight soreness and discomfort is inevitable after laser treatment and paracetamol or a painkiller of your choice can be taken. Please follow the instructions on the packet.
- The area will scab and may become itchy as it heals. This may take up to 3 weeks. Avoid scratching the area if it becomes itchy and try to avoid knocking or bumping it.
- Special care is required when looking after the treated area for at least a fortnight.

Do not:

- wet the area
- go swimming
- scratch or rub the area
- knock or bump into the area
- use any lotions or make up on the treated areas until they have returned to normal.
- The healed area may remain pink for up to six months after treatment.