

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

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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.

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 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

Inflammatory Acne

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www.lasers.salisburyhealthcare.org.uk
www.salisburylaserclinic.org.uk

Inflammatory acne

Inflammatory acne is a common problem that predominantly affects teenagers but also older individuals as well. There is no treatment that is guaranteed to resolve this troublesome condition but various methods have been used before with varying degrees of success. One method that has been considered in the past has been laser treatment. We feel that there is enough evidence now to support this as an option to offer it in our Laser Clinic. As this treatment is not covered by the NHS, it has to be delivered privately.

How the laser works

Bright yellow light is fired by the laser onto the skin. This light is absorbed into the surface layers of the skin. This is thought to reduce the activity of the bacteria that are a major contributor to the recurrent activity in the acne.

Number of treatments

We would advise a minimum of two treatments with an interval of six weeks. It is possible that patients might benefit from having more treatments. If there is a good result from the first two treatments then there may be a gap of

several months before anything further needs to be done. It would be unlikely for the laser to completely resolve the acne permanently.

How the treatment feels

- When you arrive, you will meet the clinic staff involved in the laser treatment. They will explain the treatment to you.
- The pulses of laser light feel like gentle elastic band flicks. No anaesthetic is necessary but we will offer the use of a cold air blowing device, which eases the sensation.
- Everyone in the treatment room must wear protective eyewear when the laser is being used. If the area is very near the eye, special goggles will be used.

Additional information

- If you have a suntan or an artificial tan, we will aim to re-arrange your appointment as this reduces the effectiveness of the treatment.
- 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 wear make-up over the treatment area, please bring along any lotions usually used to remove it.
- 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.

After treatment

- Usually there is very little to see immediately after treatment. Any resulting discomfort is generally dealt with adequately by paracetamol. However, most patients will find that nothing is required for the pain.
- We would advise a second treatment at approximately four weeks after the first one. Further treatments will depend on the response.

If you cannot keep your appointment, please notify us as soon as possible.