


This leaflet can be made available in alternative languages/formats on request.

St Helens and Knowsley Teaching Hospitals 
NHS Trust

Mersey Regional Plastic Surgery Unit

Ward 3A: 0151 430 1520

**Advice for patients
following laser
resurfacing:
A cleansing regime**

**Patient Information
Leaflet**

Creation Date – October 2006
Review Date – May 2018
Produced by Plastic Surgery Unit

**Whiston Hospital
Warrington Road
Prescot L35 5DR**

Appearance

- The treated area will look very red
- It will be swollen and may feel hot to the touch
- This is because the top layer of the skin (the epidermis) has been removed by the laser.
- The treated area will leak fluid
- This fluid is called serous fluid and is a clear straw coloured liquid
- It is normal for the body to leak this kind of fluid following laser resurfacing.

Immediately following laser treatment a liberal amount of white soft paraffin (Vaseline) is applied to the area(s). This may soften and drip off the treated area along with any serous fluid. **Don't worry this is normal.**

Wound Care

- These areas must be **cleansed every 3 to 4 hours** during the first **2-3 days** following treatment.
- Use recently boiled water that has **completely** cooled. This is important as regular cleansing will loosen any crusting or scabs that build up.
- **Do not** pick at scabs to remove them. Gently cleanse with cooled boiled water and re-apply a liberal amount of Vaseline all over the treated areas.
- As the treated area heals, this cleaning regime can be done less frequently.

Please ensure hands are cleaned thoroughly if you or someone else needs to touch your wound at any time.

Problems

If you have any worries or concerns about the treatment, please contact the ward for further advice.

Dressing clinic

You will be given an appointment to attend dressing clinic.

It is very important that you keep this appointment

The telephone number for the dressing clinic is:

0151 430 1285

Please contact the clinic straight away if you will not be able to keep your appointment.

If an ambulance has been arranged for you to return to the dressing clinic, **please be ready 2 hours before** your appointment time. This is because ambulances sometimes collect patients early and cannot wait for you to get ready.

Aftercare

The nurse in the dressing clinic will inform you when your wound(s) are completely healed. Once completely healed you can begin to wash the areas with a mild un-perfumed soap and pat dry with a clean towel. You will be shown how to massage the area twice a day with a moisturising cream.

Keep your healed area out of the sun or apply a total sun block for at least the next 2 summers as newly healed skin burns very easily in hot sun.