

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.

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 e-mail laser.clinic@sthk.nhs.uk

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

Mersey Regional Plastic Surgery and Burns Unit

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Laser Information

Affinity QS
532 nm
1064 nm
(neodymium YAG)

Patient information leaflet

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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, scarring hypo/hyper pigmentation.

Affinity QS Patient Care Instructions — Before/During Treatment

Precautions Before and After Laser Treatment

- The area being treated cannot be exposed to the sun or sunbed. 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 anaesthetic cream may be applied before each laser treatment where necessary

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 retina.

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 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 wound heals.
- Avoid sports and/or strenuous exercises until any wound heals. Walking is encouraged.
- Avoid sun exposure as described above. When treatment area is exposed to the sun use a broad-spectrum (UVA/UVB) sunscreen of SPF 30 or preferably a total sunblock of SPF 50.
- Contact clinic if there is any indication of blistering or infection (redness, tenderness or pus).

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

Please contact the clinic with questions or concerns regarding your treatment.