

Please Note

During laser treatment you should avoid sun or sunbed exposure for at least 4-6 week prior, during the entire course and up to 3 months after (depending on 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

St Helens and Knowsley Teaching Hospitals 
NHS Trust

Mersey Regional Plastic Surgery and Burns Unit

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Laser Information

**Carbon Dioxide
Laser –
Resurfacing Lesion
Removal**

Patient information leaflet

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

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Produced by Burns & Plastic Surgery Unit

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 - Hypo/hyper pigmentation, redness, swelling, blistering, bleeding, infection, burns, scarring, out-break of 'spots' acne, activation of cold sores.

Co2 Laser Treatments

- The Co2 laser is a sophisticated laser that can 'burn away' skin in a precise and controlled way. This allows resurfacing of skin with rapid healing times and removal of skin lesions with minimal scarring.

Precautions before Laser Treatment

- For any CO2 laser treatment, avoid sun or sunbed exposure for 4 weeks prior, during, and for 4-12 weeks after (depending on treatment).
- On the day of treatment, self-tan ('fake tan') products should be completely washed off prior to attending the clinic or had time to wear off fully.
- Any make-up should be removed from the area to be treated on the day of treatment.

- 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.

Post-operative Skin Care

- Immediately following treatment, the area will have some redness and raw areas, with some possible swelling. It will weep—this is normal.
- During the healing phase, the area must be treated delicately. Do not rub, scratch, or pick. If a crust develops, let it fall off on its own.
- Apply a thin layer of antibiotic ointment to the treated area three to four times a day to keep the area moist. Do not scrub the area, but wash gently and pat the dry. Do not shave over the area if swelling, crusting or scabbing is present.
- If swelling occurs, apply cooling. Wrap ice in a soft, clean cloth or instead of ice frozen peas or a damp cloth in a freezer. Discomfort or stinging may be relieved with paracetamol.
- Makeup should not be worn until the area is completely healed, and then it must be applied and removed delicately. Excess rubbing can open treated area increasing the chance of scarring.

- Avoid sports and/or strenuous exercises for 7-10 days following treatment. Walking is encouraged.
- Avoid very hot baths / showers / steam baths or sauna. Avoid swimming in strong chlorinated water for 2 weeks or until it is completely healed.
- Do not use bleaching creams or perfumed products until the area is completely healed. Avoid exfoliating or peels for 3 months after treatment.
- **In case of signs of infection (pus, tenderness, fever), please contact your clinician's secretary through the hospital switchboard on 0151 426 1600, or for out of hours contact ward 3A on 0151 426 1520.**
- **Post-treatment skin care instructions should be followed to reduce the risks of any complications.**
- **Any sign of cold sores requires immediate treatment for the cold sore virus to prevent spread to the treated areas if within 2 weeks of treatment.**