

## Please Note

During laser treatment you should avoid sun or sunbed exposure for at least 4-6 weeks 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](http://www.sthk.nhs.uk)

For information on treatment not covered by the NHS please e-mail

[laser.clinic@sthk.nhs.uk](mailto:laser.clinic@sthk.nhs.uk)

Whiston Hospital, Warrington Road, Prescot, Merseyside, L35 5DR Telephone: 0151 426 1600

St Helens Hospital, Marshall Cross Road, St Helens, Merseyside, WA9 3DA Telephone: 01744 26633

 /sthk NHS  @sthk NHS

[www.sthk.nhs.uk](http://www.sthk.nhs.uk)

## Cynergy Pigmented Lesions

595nm  
1064nm  
(neodymium YAG)

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

如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona w innych językach/formatach.

**Author & Dept.** Mersey Regional Plastic Surgery and Burns Unit  
**Document Number:** STHK0128  
**Version:** 003  
**Review Date:** 01/05/2021

## 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.

### Precautions before Laser Treatment

- For 1064 nm (neodymium YAG) wavelength treatment, avoid sun or sunbed exposure for 2 weeks prior, during, and four weeks after treatment.
- For 595 nm (pulsed dye laser) treatment, avoid sun or sunbed exposure for 4 weeks prior, during, and six weeks after 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.
- If hair is present, please shave the area to be treated the day or night before your appointment.

### Post-operative Skin Care

- Immediately following treatment, the pigment will look darker and there will be some moderate redness, with some possible swelling. Blistering may occur.
- During the healing phase, the area must be treated delicately. Do not rub, scratch, or pick. A thin crust will probably develop - let it fall off on its own.
- Do not scrub the area, pat the area dry. Do not shave over the area if swelling, crusting or scabbing is present.
- If swelling occurs, apply ice. Wrap the ice in a soft cloth. Discomfort or stinging may be relieved with paracetamol.
- If makeup is allowed, it must be applied and removed delicately. Excess rubbing can open the 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 2-3 days
- Don't use bleaching creams, or perfumed products for 24-48 hrs. Avoid exfoliating or peels for 1 week.

**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 help reduce the risks of any complications.**