

## **Inflammatory Acne**

Inflammatory (active) acne is a common problem mostly affecting teenagers and young adults, but it can affect people of all ages. There is no treatment that is guaranteed to resolve this troublesome condition but various methods have been used before with some success.

There is good scientific evidence supporting laser treatments for acne, although it does not work in all cases.

As this treatment is usually not covered by the NHS, we are only able to offer a self-pay service for acne.

### **HOW THE TREATMENT WORKS**

Bright yellow laser light is directed onto the affected area. This light is absorbed by blood in the vessels at the surface of the skin.

The treatment is thought to reduce inflammation (or redness) and subsequently the activity of the bacteria that are a major contributor to the inflammation seen in acne.

The Pulsed Dye Laser that we use is also thought to target these bacteria directly, thus further reducing the symptoms of acne.

It would be unlikely for laser treatment to resolve the acne, either completely or permanently.

### **BEFORE YOUR APPOINTMENT**

- If you have a suntan or an artificial tan, it may be necessary to re-arrange your appointment as this reduces the effectiveness of the treatment.
- If you have a cold sore or other skin infection in the area to be treated, please inform a member of the Laser Clinic staff as treatment must be delayed until the area is completely healed.
- If you wear make-up over the area to be treated, please bring along any lotions that you may use to remove it.

### **WHAT WILL HAPPEN ON THE DAY?**

- When you arrive, you will meet a member of the Laser Clinic staff involved in the laser treatment. They will explain the treatment to you. You will be able to ask any questions that you want before being offered treatment.
- Photographs may be taken of the area to be treated so that your progress can be monitored.
- Everyone in the treatment room must wear protective eye wear when the laser is being used.
- The pulses of laser light feel like gentle elastic band flicks. No anaesthetic is necessary but we will use a cold air

blowing device, which both eases the sensation and protects your skin.

### **AFTER LASER TREATMENT**

- Usually there is very little to see immediately after treatment. Some people experience redness or mild bruising. This will usually fade in a few days.
- Any discomfort after treatment is generally dealt with adequately by paracetamol or a painkiller of your choice. Most patients will find that nothing is required.
- You may find it helpful to keep the treated area raised above the level of your heart to reduce swelling. Extra pillows at night are helpful for treatments on the face.
- Occasionally, only limited effects are achieved from this treatment.

### **NUMBER OF TREATMENTS**

We usually advise a minimum of two treatments spaced at an interval of around four weeks. It is possible that patients might benefit from having further treatments.

If there is a good result from the first two treatments, then there may well be a gap of several months before anything further needs to be done.

## STAFF AT THE LASER CLINIC

### *Consultant Plastic Surgeons:*

Mr Richard Cole. MB, ChB, ChM, FRCS(Plast)

Mr Adam Sawyer. BSc, DO-HNS, MSc, LLM(Law), FEBOPRAS, FRCS(Plast)

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### *Speciality Doctor:*

Mr Sathish Jayagopal, MBBS, MRCSEd

### *Scientific Director:*

Dr Tom Lister, PhD

### *Clinical Scientist:*

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### *Laser Specialist Nurse:*

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

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# Welcome to The Salisbury Laser Clinic

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## Acne Laser Treatment

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information

THE SALISBURY  
**Laser Clinic**  
*Treating skin since 1982*

