

# **LASER TREATMENT FOR NOSE BLEEDS**

Your ENT surgeon has discussed with you how best to treat your nose bleeds, and has suggested laser therapy. Alternatives to this treatment will have been discussed with you.

## **HOW CAN LASER TREATMENT HELP REDUCE NOSE BLEEDS?**

Laser light is used to destroy the small blood vessels in your nose that cause your bleeds. In some cases, one or two treatments are all that is needed. However, if you have a medical condition, such as Hereditary Haemorrhagic Telangiectasia (HHT), that leads to continual regrowth of troublesome vessels then it may be necessary to schedule regular appointments at the Laser Clinic to manage this.

## **WHAT ARE THE RISKS AND SIDE-EFFECTS OF LASER TREATMENT?**

The risk of complications following this type of laser treatment is very low.

You may experience an unpleasant smell and some discomfort during the treatment, but in most cases it is relatively painless. There is a small risk that the procedure might provoke a nosebleed. In this event, the bleed will be managed by your ENT surgeon.

## **PREPARING FOR YOUR APPOINTMENT**

You do not have to make any special preparations before coming for your appointment. Please bring with you any information regarding changes to your medications or medical history.

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

When you arrive at the Laser Clinic, you will be greeted by a member of staff, who will explain the treatment procedure to you. You will be able to ask any questions that you want before being offered treatment.

Whilst the treatment is being performed, everyone in the laser room must wear special goggles to protect their eyes. Your goggles will cover your

eyes completely. This means that you will not be able to see for the duration of the treatment. You may still be aware of the flashes of laser light, although this will not be harmful.

The treatment procedure is very quick, lasting no more than a few minutes.

## **DO I NEED TO DO ANYTHING DIFFERENT AFTER THE TREATMENT?**

No special care is required following treatment.

## **BRINGING CHILDREN TO THE LASER CLINIC**

Unless they are receiving laser treatment, please avoid bringing children to the Laser Clinic.

If this is not possible, please bring a responsible adult to care for your children while you are receiving treatment, or attending a consultation appointment.

If it is your child that will be receiving laser treatment, then one adult may be asked to accompany them into the treatment room at the laser operator's discretion.

## Staff at the Laser Clinic

### *ENT Surgeons:*

Mr Jonathan Corlett  
Mr Michael Brockbank  
Mr Simon Dennis

### *Scientific Director:*

Dr Tom Lister, PhD

### *Clinical Scientist*

Dr Mark Brewin, PhD

### *Nursing Assistant:*

Liz Slark

### *Laser Specialist Nurses:*

Suzy Rainbow

**Please let us know as soon as possible if you think that you might not be able to make your appointment.**

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If you need this information in another language or medium (audio, large print, etc.) please contact the Customer Care Team on 0800 374 208 email: [customer care@salisbury.nhs.uk](mailto:customer care@salisbury.nhs.uk).

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital. The evidence used in the preparation of this leaflet is available on request. Please email [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

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# Welcome to The Salisbury Laser Clinic

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## Laser Treatment for Nose Bleeds

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information

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

