

Appointments scheduled may be subject to change at any time. We endeavour to give at least four weeks' notice for any planned changes.

Cancellations made within two weeks of an appointment often result in empty appointment slots as these are very difficult to fill at such short notice.

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

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If you need this information in another language or medium (audio, large print, etc) please contact Customer Care Team on 0800 374 208 email: 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.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email patient.information@salisbury.nhs.uk if you would like a reference list.

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information

**Welcome to
The Salisbury
Laser Clinic**

**Peristomal
Hair Control**

**Salisbury District
Hospital
01722 345520**

laser.enquiries@salisbury.nhs.uk
www.lasers.salisburyhealthcare.org.uk
www.salisburylaserclinic.org.uk

Laser Hair Removal

Laser hair removal is one of the most common cosmetic procedures worldwide. When the appropriate equipment and expertise is in place, it is also one of the safest and most effective treatments.

The Salisbury Laser Clinic has treated thousands of patients with unwanted hair for both medical and cosmetic reasons.

LASER HAIR REMOVAL OF THE PERISTOMAL AREA

Peristomal hair growth presents an ongoing problem for many people following colostomy or ileostomy. Its presence may cause difficulty with adhesion of the stomal appliance to the skin which is essential to its effective use.

Shaving of the area has long been the most effective and acceptable management of choice. However, in some cases, this can be associated with folliculitis or inflammation around the hair follicles rendering the area particularly uncomfortable. The use of depilatory creams can also cause excess discomfort to what is already a highly sensitive area of skin.

The Salisbury Laser Clinic, based at Salisbury District Hospital, has a long history of considerable success in the treatment of the hairy peristomal areas of patients with our hair reducing lasers; alexandrite or Nd:YAG. Some surgeons send their patients to us before their ostomy surgery so that the site is prepared before the patient undergoes the operation.

The treatment is quick and relatively pain free. The skin is constantly cooled using an air-cooling device during the treatment.

The success of laser treatment is dependent upon the colour of both the hair and the surrounding skin. Alexandrite works best on dark haired, pale skinned individuals, whereas the Nd:YAG works effectively on darker skin types. The laser works by targeting melanin pigment in the hair. For this reason, laser treatment will not work on light blonde or grey/white hair.

A full medical history is taken before treatment commences to ensure that each individual patient is suitable for laser hair control. The type of laser to be used is selected by a laser-trained healthcare professional before a test treatment is carried out.

A minimum of three full laser sessions is usually required. These are carried out at monthly intervals. Normal cleansing and use of stomal appliances follows each laser session.

Referrals to our clinic can be made via your GP or surgeon. You can also self-refer into our private, self-pay service. Contact details for the clinic can be found on the front of this leaflet.

WHAT WILL HAPPEN ON THE DAY?

- When you arrive, you will meet a member of the Laser Clinic staff, who will explain the treatment to you.
- On your first visit, we usually carry out a small test patch. At your next appointment, about 4 - 6 weeks later, we may adjust the laser settings to achieve the best result for you.
- Everyone in the treatment room must wear protective eyewear when the laser is being used.
- Each pulse of laser light feels like the flick of an elastic band. Most patients do not find the treatment too painful. We use a cold air system, which cools your skin during treatment to ease any discomfort.