

Resurfacing Laser

Laser skin resurfacing is a procedure to remove the damaged outer layers of the skin. This will encourage new skin to grow. It is a treatment that is used to reduce facial wrinkles or fine lines, superficial skin lesions, skin irregularities and certain types of scar such as acne scars. Our clinic uses either the Carbon Dioxide (CO₂) or Erbium:YAG ablative resurfacing laser. The treatment is carried out by a Plastic Surgeon. Generally, laser resurfacing is an outpatient procedure.

HOW THE TREATMENT WORKS

The laser allows for precise removal, or ablation, of skin layer by layer. This makes it possible to remove lesions or reshape of pitted or sunken scars. It can also be used to improve the appearance of fine lines or wrinkles. The laser also creates a heating effect just below the surface of the skin. This stimulates the growth of new collagen in your skin. This in turn helps to smooth out creases, rejuvenate the skin or renew scarred tissue.

BEFORE YOUR APPOINTMENT

- 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. The treatment must be delayed until the area is completely healed.
- If the area to be treated is on your leg, please wear loose trousers or a skirt. Tight clothes, like jeans or leggings, may irritate the area after treatment.
- If you wear make-up over the area to be treated, please bring along any lotions that you may use to remove it.

- If the area to be treated is close to your eye and you are driving your own car, please bring someone to drive you home. We may use anaesthetic drops in your eye.

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.
- You will be offered a local or general anaesthetic. If you are having a general anaesthetic, this will have been discussed with you at your initial consultation. Due to the effect of the anaesthetic, you should not feel any pain either during or for several hours after treatment.
- The first treatment will usually be on a small test area to ensure that the laser settings are correct for you, and that a satisfactory result will be obtained.
- Everyone in the laser room must wear protective eye wear when the laser is being used.

AFTER LASER TREATMENT

- The treated area will resemble a graze.
- You will be sent home with a dressing covering the treated area. This must be kept dry. The dressing will come away easily when the graze has started to heal. Usually this occurs within a week but may take longer.

- Some slight soreness and discomfort is common after laser treatment. An over-the-counter painkiller of your choice can be taken. Please read and follow the patient information leaflet in the packet.
- 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.
- The area will scab and may become itchy as it heals. Healing may take up to 3 weeks. Avoid scratching the area if it becomes itchy. Please try to avoid rubbing or knocking it.
- The healed area may remain pink for up to six months after treatment. During this time, avoid exposing the area to the sun. High factor sun cream (SPF30 or above) should be frequently applied until the skin has returned to normal.
- You may wish to consider arranging your appointment around social functions or work commitments if the area to be treated is prominent.
- Laser treatment may make the underlying skin colour darker or lighter. Any darkening, due to formation of brown skin pigment, usually fades over 6 - 12 months. If the skin is made paler, this may be permanent.
- Multiple treatment sessions are often necessary.

CANCELLATIONS

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

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)

Mr Eunan Tiernan. MB, BCh, BAO, BA, FRCSI, FRCS(Plast)

Speciality Doctor:

Mr Sathish Jayagopal, MBBS, MRCSEd

Scientific Director:

Dr Tom Lister, PhD

Clinical Scientist:

Dr Mark Brewin, PhD

Laser Specialist Nurse:

Suzy Rainbow

SOCIAL MEDIA

Please feel free to follow us on Facebook or Twitter.



We also welcome our reviews on sites such as Google or Yell.com.



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 the 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.

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.

Salisbury District Hospital, Salisbury, Wiltshire SP2 8BJ

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Welcome to The Salisbury Laser Clinic

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Resurfacing Laser Treatments

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information

THE SALISBURY
Laser Clinic
Treating skin since 1982

