

## **VASCULAR LESIONS (RED MARKS)**

Vascular lesions are areas of skin where the appearance is affected by an increase in either the number or the size of blood vessels. Vascular lesions include some birthmarks, broken vessels or thread veins, red scarring and persistent red spots. Inflammatory conditions, such as rosacea, acne and psoriasis are also associated with an increased blood supply. All of these can be safely and effectively treated using a vascular laser.

The Salisbury Laser Clinic has the expertise and equipment available to help with a wide range of vascular lesions. We have been offering vascular skin laser treatments longer than anywhere else in the UK. Our clinic uses either a Pulsed Dye Laser or Nd:YAG laser to treat most vascular lesions.

## **HOW THE TREATMENT WORKS**

Laser light shines onto your skin and targets unwanted blood vessels. The treatment is most effective when your skin is at its palest, although we are able to treat any skin type safely and effectively. Some small red coloured skin marks may only require one treatment. Others often require many more treatments.

## **BEFORE YOUR APPOINTMENT**

- If you have a suntan or an artificial tan, it may be necessary to delay or re-arrange your appointment.
- If you have a cold sore or other skin infection in the area to be treated, please inform a member Laser Clinic staff as treatment must be delayed until the area is completely healed.

- If the area to be treated is close to your eye and you are driving your own car, please bring somebody else to drive you home. We may use anaesthetic drops if we place shields on the surface of the eye.
- If the area to be treated is on your leg, please wear loose trousers or a skirt. Tight clothes, like jeans, may irritate the area after treatment.
- If you wear make-up on the area to be treated, you will be asked to remove this. Please bring along any products usually used 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.
- On your first visit, you may have one or more small test treatments at different laser settings. At your next appointment, we will select the most effective laser settings to achieve the best result for you. A larger area can then be treated at these settings.
- Photographs may be taken to monitor the progress of your treatment.
- 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. If necessary, we can arrange for anaesthetic cream to be applied or a local anaesthetic injection to be given
- Everyone in the treatment room must wear protective eyewear when the laser is being used.

## **AFTER LASER TREATMENT**

- The treated vessels may shrink immediately, or may darken slightly after treatment. The treated area may appear bruised and go black for several days after the treatment and usually fades over the next couple of weeks.
- Some slight soreness and discomfort is common after laser treatment. If the treated area is sore, you can take a painkiller such as paracetamol. Please read and follow the patient information leaflet in the packet.
- You may wish to consider arranging your appointment around social functions or work commitments if the area to be treated is prominent.
- 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.
- Be very gentle when cleaning the area.
- Do not use any lotions or make-up on the treated areas for at least 24 hours.
- The risk of scarring or skin damage is very low at less than 1%. Please be sure that the area is not scratched, knocked or rubbed after the treatment in order to further reduce the risk.
- Avoid exposure to the sun until the area is fully healed, and then frequently apply high factor (SPF30 or above) sun cream.
- The full effect of your treatment may take up to 6 months to be realised, although we can re-treat soon after the area has healed.
- If any darkening due to formation of brown skin pigment occurs, this usually fades over 6 - 12 months. If the skin is made paler, this may be permanent.

## 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 your reviews on sites such as Google or Yell.com.



Author: Tom Lister  
Role: Consultant Clinical Scientist  
Date written: March 2014  
Last revision: December 2017  
Date for Review: December 2019  
Version: 1.2

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

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

Salisbury District Hospital, Salisbury, Wiltshire SP2 8BJ  
© Salisbury NHS Foundation Trust



# Welcome to The Salisbury Laser Clinic

Salisbury District Hospital  
01722 345520

# Vascular Laser Treatments

[laser.enquiries@salisbury.nhs.uk](mailto:laser.enquiries@salisbury.nhs.uk)  
[www.lasers.salisburyhealthcare.org](http://www.lasers.salisburyhealthcare.org)  
[www.salisburylaserclinic.org.uk](http://www.salisburylaserclinic.org.uk)

information

THE SALISBURY  
**Laser Clinic**

*Treating skin since 1982*

