

Treatment Advice Sheet

Treatment of Pigmented lesions using Ruby Laser

Pre-Treatment

The area to be treated should be free from make-up, perfume, deodorant and body or face creams. **The area should not be sun-tanned.** Use of sun beds or exposure to strong sunlight is not advised prior to treatment. Dark sun tans must be left to fade before treatment can start, and fake tan should not be applied.

A medical history is taken at consultation, but we rely on you to inform us of any changes to this. We need to know of any medication you are taking, even those bought from a chemist or herbal remedies.

Post-treatment skincare.

Post treatment skin care divides into three areas:

Short term

Immediately after treatment, the area is best left alone completely for 24 hours.

- Do not pick or rub
- Apply Vaseline or aloe vera
- Do not allow clothing to rub; if this is likely to be a problem we can place a non-adherent dressing over the site

Short to medium term

Within the first 24 hours the area may become reddened and swollen. Blisters sometimes appear and may be large. Do not worry, this is not unusual. Blisters usually last anywhere from 2-3 days to 2 weeks, depending on skin sensitivity. There are some rules that must be followed to avoid further complications:

Do not disturb the blister: this is nature's "elastoplast" and the skin will heal naturally under the blister. The blister will dry to form a "crust" and it will be shed by the skin when it is no longer required. The new skin will look "shiny" and will take a few weeks to return to a normal look and feel.

Always:-

- Wear clean, loose fitting clothes where possible
- After washing, pat the area dry – **do not rub**
- If the blister bursts, do not panic – however it is important to keep the area clean. You can apply Savlon or Vaseline
- Apply a non-adherent dressing if advised to do so
- Do not use make-up, perfumed products, toners, astringents or soap on the treated area until healed.
- Be careful with sprays, such as deodorants
- Do not shave over a blistered area
- Do not swim in a public pool until the skin is completely healed
- Call the clinic immediately on 01204 570900 if the area looks infected or you are concerned in any way

Long term:

Once post-treatment skin changes have subsided and the skin texture has returned to normal you will be ready for a follow up treatment. There may still be some reddening if the immune response is still active and, in any case, you must leave at least 4 weeks before any follow up.

You should take the following steps to reduce the risks of long term pigment disturbance:

- Always wear at least a Factor 30+ sun block and reapply frequently, or better still cover with a dressing
- Do not expose the treated area of your skin to UV light before and between treatments (natural sunlight and sun beds)
- Do not apply fake/ spray tan to the area to be treated

There is also a risk, increasing with the number of treatments, of structural skin changes that can lead to scarring. If, after the skin in the treatment area has settled down, it feels lumpy or thickened, the matter will be raised prior to your next treatment. Depending on the situation, we may recommend a longer treatment interval and/or the use of a topical silica gel product.

**If you have any concerns regarding this advice please
do not hesitate to contact the clinic on 01204 570900**