

# POST-TREATMENT INFORMATION AND INSTRUCTIONS

Please read the following and keep it for reference for common and uncommon side effects of the treatment and for post-treatment care.

If you experience any significant discomfort or side effect as a result of treatment, you should notify the clinic immediately.

## LASER RESURFACING / LASER PEELS / REMOVAL OF SKIN LESIONS

### Side effects

Common	Uncommon	Rare or very rare
Redness in treatment area, usually resolves within 1-7 days depending on the intensity of the treatment	Itching in the treatment area or allergic reaction to the topical anaesthetic	Permanent discolouration from post-inflammatory hyperpigmentation or hypopigmentation
Swelling of treatment area, usually resolves in 3-10 days. The extent of swelling varies from person to person	Bleeding, infection or delayed healing	Crusting, blistering or ulceration of the skin
Topical anaesthetic cream used around the eye may enter the eye and cause irritation. This is temporary	Permanent hair removal in the treatment area	Prolonged redness of the healed skin is rare (months)
If you have had cold sores in the lips (or in the treatment area), the treatment may provoke cold sores to develop. Prophylactic medication may be necessary	Brown marks in treatment area (post-inflammatory hyper-pigmentation) is more likely the darker the skin type. Usually resolves over 3-12 months.	Burns, scarring or altered skin sensation

### Post-Treatment Instructions

Keep the skin clean. The skin is wounded and the skin should be protected with an emollient, anti-bacterial cream or liquid wound dressing such as Stratamed. These may either be purchased from the clinic or you may be advised to purchase products such as Bepanthen from a pharmacy.

Avoid excess sun exposure until the skin heals. Always apply sunscreen (on intact skin) after laser treatments as the skin will be more sensitive to UV exposure.

Swelling may be managed by keeping upright for the first few days and sleeping on a few pillows. Drink plenty of water but not to excess. Applying cool packs will assist discomfort and swelling reduction. Antihistamines will not help reduce swelling.

## CONTACT DETAILS

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