



Patient Information: Post Laser Treatment

Following your treatment your consultant and nurses will provide care immediately following the procedure, along with recommendations for home care you can perform to aid the healing process.

General Instructions:

- The application of aloe vera gel or cold packs during the first few days will reduce discomfort and swelling.
- Use sun protection, factor 50, and or keep the treated area out of direct sunlight.
- One of the best anti-aging products you can use is sun protection! Use regular sun protection, factor 50+, for two years post-completion of treatment.
- Do not use sun beds after treatment.
- Avoid contact sports / swimming until fully healed as injury may cause some scarring infection.
- Avoid trauma / friction to the area and cover if necessary.
- Wash the area with unscented soap and pat dry.
- If the treated area crusts or scabs do not pick or pull - allow to separate naturally.
- Applying makeup is permitted if no crusting or weeping occurs after treatment.
- If a large area has been treated, avoid alcohol for 72 hours following the procedure.
- If redness, swelling, crusting or weeping persist, contact the clinic immediately.

For Patients who have been treated for Hair Removal:

- Shedding of surface hair may occur between five to fourteen days after treatment. Remove hair by washing or wiping area with a wet cloth or loofah sponge.
- Do not shave the treated area if crusting is present.

For Patients who have been treated for Vein Removal:

- Following treatment of thread veins on lower limbs, avoid baths for at least one week – although you may have warm showers.

To report complications, or to discuss post-treatment care, contact Eccles Clinic on 01-8302169