



Patient Information: Pre-Laser Treatment

For patients preparing to receive laser treatment at Eccles Clinic, a few precautions and practices are suggested to make the procedure as safe and effective as possible. While this is an outline of major care points, your consultant can advise a more tailored pre-treatment plan for you.

Tanning:

- Tanned skin cannot be treated unless the tan is gone
- Avoid direct sunlight and sunbeds for four to six weeks prior to treatment.
- Avoid using fake tan products for seven to ten days before laser treatment.
- Use factor 50+ sun block if going out in the sun.

Medication and Pre-Existing Conditions:

- Advise your consultant if you are taking Aspirin, blood thinning medication, steroids or herbal medications.
- Advise your consultant prior to treatment if you are prone to cold sores. Laser treatments to the face cannot be carried out if cold sores are present.

The Day of Procedure:

- No need to fast before treatment as laser therapy is a non-invasive, non-surgical procedure.
- Wear comfortable dark clothing. You may or may not need to remove some clothes for the treatment depending on site of the treatment.
- Do not wear jewelry of any kind.
- You will be required to fill out a comprehensive consultation form and sign a consent form. If found suitable, a patch test will be carried out.
- For treatment to a lesion on the face, do not wear make-up. Following treatment the application of some make-up may be possible. Your consultant will advise on this.
- A photograph may be taken prior to treatment and treated area may be marked with pencil.
- You will be asked to wear special eye goggles to protect eyes from exposure to laser light.
- Your treatment may take anywhere from five to thirty minutes.
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After-Treatment Care:

- Dressings / creams may be applied following your treatment. We use Aloe Vera gel and advise patients to purchase some for home use.
- You will be given post-treatment advice and a contact number in case you have any problems.

Clients for hair removal are also asked to adhere to the above guidelines, but also note:

- No plucking, waxing, sugaring, epilation of the area or use of hair minimising creams/deodorants for eight weeks prior to your treatment.
- You must trim or shave the treated area before and between your treatments. Contrary to popular belief, shaving will not make the hair grow back darker or thicker.

If you need to cancel a treatment, please inform Eccles Clinic as soon as possible.

For more details, contact Eccles Clinic on 01-8302169