

For further advice please contact nursing staff on 01506 523527

Nurse in charge - Laura Newman



For appointment enquiries please contact the Laser secretary on 01506 523103.

Clinic times:

Monday	8am - 12.30pm
Tuesday	9am - 5pm
Wednesday	9am - 5pm
Thursday	9am - 5pm
Friday	8am - 12.30pm

For emergency enquiries out of clinic hours, please contact your G.P.

Your Consultant is

***If you are unable to attend your laser appointment
please contact the department as soon as possible
to enable the appointment slot to be used.***

V2.0 Approved by NHS Lothian Patient Information Apr 24, Review: Apr 27
Medical Photography Services, NHS Lothian, April 2024, 24_04401 MD.

Skin Care Advice Following Laser Therapy

Laser Suite

OPD 4 / Area 4

Ground Floor

St. John's Hospital

We have produced the following after care leaflet to guide you through a problem free skin care regime. All the information is very basic and obviously any special skin care needs will be adapted for each individual by your laser doctor.

Your Questions Answered

Sun Protection

Protection from sun exposure is advocated more and more in today's society and therefore particular attention should be paid following laser treatment. It is advisable to wear a sun block of factor 50 throughout your course of laser treatment or at times when there is a risk of high sun exposure.

Can I wash my skin?

The treated area is fragile and should be treated delicately for a few days. Routine bathing should continue as normal using mild soap until the bruising settles. Cleansers and alcohol toners should be avoided for five days after treatment in case of adverse skin reactions. Shaving of the treated area should be avoided until bruising subsides.

Can I use moisturising cream?

It is advisable to apply a non scented moisturiser to the area daily to prevent dryness - ie. E45 or Vaseline intensive care lotion. Routine daily moisturising prevents the skin from drying and reduces the chances of crusts forming.

Will my skin be sore?

The treated area may feel similar to sunburn for a short time after treatment. A cool pack can be provided by staff after treatment. This will help cool and soothe the skin if necessary.

Will I have a dressing?

The after care information will be adapted to suit each individuals needs. Depending on the type of laser used and the location of the treatment it may be necessary to have a dressing.

Can I participate in sports after treatment?

Following treatment you should avoid swimming and sports involving physical contact for 5-7 days. Saunas and steam rooms should be avoided until the skin has settled.

Can I wear make-up?

Application of cosmetics or camouflage should be avoided for 5-7 days after treatment. Some patients want to camouflage the bruising with makeup. Many patients report that although make-up can help, the bruises do not cover completely.

Will the area be swollen?

If the treatment area is close to the eye region there may be mild swelling for 24 - 48 hrs. Small cool packs used to reduce the swelling can be provided by the laser staff.

Other Information