

After your laser treatment

Information for patients



Contact details

If you have any general enquiries or concerns about your **treatment or appointments**, we would be happy to discuss them with you.

Please call the **Laser Suite: (0113) 392 4307** during clinic hours, Monday - Thursday 8.00 am - 4.00 pm.

Treatment reactions only:

Laser Suite: **(0113) 392 4307**

Monday - Thursday 8.00 am - 1.00 pm,
Friday 8.00 am - 11.30 am.

Dr Urwin's Secretary: **(0113) 392 4366**

Friday 11.30 am - 4.00 pm.

If you cannot contact either of the above, **contact your GP or the NHS Helpline on 111.**

- The treated area should be looked after carefully until the skin has fully healed. Keep the area dry for two days. If the area gets wet, pat dry very gently with a clean soft towel or cloth. Avoid any tight clothing, injury, rubbing or scratching as this could result in scarring.
- If the area is painful after treatment a covered home-made ice pack can be helpful (use for a maximum of five minutes per hour).
- Avoid moisturiser, sun protection, camouflage or make-up for two days following treatment to prevent any rubbing / friction to your skin.
- Avoid strenuous exercise, swimming, saunas, steam rooms and fragranced products in the treated area for 7 - 10 days.

Following your laser treatment if you experience any swelling which lasts for more than three days, blistering, scabbing, crusting or weeping, you **MUST** contact the Laser Suite (on the telephone numbers listed on page two) as soon as possible. You may need a review appointment with the Doctor in the Laser Suite and you may be given a prescription for medication.

If you are unable to contact the Laser Suite and you speak to either the out of hours service, your GP or the NHS Helpline, please inform the Laser Department as soon as possible.

Sun care instructions:

We recommend a 5 star UVA rating and fragrance free SPF50 sun protection.

- Start to apply the SPF50 / 5 star sun protection two days after your laser treatment. Apply daily throughout the course of your treatment reapplying regularly throughout the day, regardless of the weather. Continue to use the SPF50 / 5 star sun protection daily for six months after the end of your laser treatment, as your skin will be more sensitive to the sun during this period.
- We are unable to treat tanned skin; this includes natural tan, sunbed use and fake tan. These must be avoided for a minimum of six weeks before the start of your treatment.
- If you attend for treatment with a tan, you will not be treated.

Cancellation policy and appointments

The demand for laser treatment funded by the NHS is extremely high and we are rarely without a waiting list. If you need to cancel or amend your appointment, please do this as soon as possible to allow us to allocate your appointment to another patient.

Please arrive 10 minutes before your appointment time as you may need to allow your skin to settle, to remove make-up or to have photographs taken.

We value each and every appointment and adhere to the local cancellation policy for elective treatments which is as follows:

After two consecutive cancellations or one non-attendance without informing the department, you will be discharged from the Laser Department and your G.P. will be informed.

If any scabs or blisters develop, they should be left intact if possible and we request that you contact the department for further advice.



What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter

© The Leeds Teaching Hospitals NHS Trust • 3rd edition (Ver 2 05/2025)

Developed by: Leeds Laser Centre

Produced by: Medical Illustration Services • MID code: 20250120_006/JG

LN004747
Publication date
02/2025
Review date
02/2028