

Caring for your skin after laser treatment

Dr Saqib Bashir

Pulsed-dye laser

Now that you have had your laser treatment you need to look after your skin to help it to heal well and be in good condition for any further treatment. Almost all patients have a smooth and rapid recovery without any discomfort.

Immediate effects

Immediately after the laser treatment, a purplish bruise can be seen at the treatment site. If a large area has been treated, then many small bruises can be seen. If there are patchy areas where no bruise is visible, this does not mean that the area has been missed out - some areas just bruise more or less than others.

In the coming days, the skin tends to be red and swollen, then the bruises and swelling fade in about 1 week. After this, you may feel that there has been no improvement in the treated area - this is normal as it takes a few weeks for the laser's effect to be noticeable - be patient!

Complications

The skin may crust over slightly or even blister. Treat any crust with a moisturiser and cover any blisters with plain petroleum jelly and a plaster if possible.

Infections are rare after this type of laser treatment however if the skin is painful or weeping or a cold sore is developing please notify Dr Bashir.

Skin care

Moisturise the skin regularly with a light moisturiser, avoiding products that contain anti-ageing acids such as glycolic, salicylic or lactic acid. Do not use scrubs, toners or peeling agents unless prescribed by Dr Bashir. You may use make up 48 hours after treatment on non-blistered skin.

During the day you should use a sunscreen and reduce direct sun exposure. You must not seek a suntan and you must not be tanned before your next treatment.

Contact Details

If you have any questions or concerns, you can speak to the nurses at the BMI Sloane Hospital (020 8466 4000) or contact Dr Bashir's secretary (020 3299 4238). Although seldom necessary, emergency advice is always available via NHS Direct or your GP.