



### **PATIENT INFORMATION: Vascular Lesions**

Vascular Lesions, an abnormal presentation of blood vessels, may appear as light or dark red marks or bumps, similar to large moles or varicose veins on skin. Laser treatment is a safe and effective way to quickly treat these skin imperfections.

At Eccles Clinic, patients receive exceptional care from first consult with a highly qualified plastic surgeon, to post-treatment recommendations from our skilled nursing staff.

#### **Q: How does laser therapy work?**

**A:** Laser treatment involves the passing of a gentle beam of light through the skin, targeting specific blood vessels within the skin without causing significant damage to the surrounding tissue. This causes a lightening in colour of the area being treated. While treatment is often successful, rarely vascular lesions will not respond to laser therapy.

#### **Q: What does laser treatment feel like?**

**A:** You may experience mild discomfort from the laser exposure – which has been described as a sensation of being snapped by a rubber band. An anaesthetic cream can be provided to numb the area. During treatment a method of cooling the skin is employed to minimise discomfort.

#### **Q: How many treatments will I need and how often?**

**A:** Treatments vary for each individual and treatments of the same area can be repeated at four to six week intervals.

#### **Q: What can I expect after treatment?**

**A:** The treated veins usually darken slightly after treatment. There may be some reaction in the form of light crusting that can develop after a day or two, and in rare cases, slight blistering can occur but resolves quickly.

#### **Q: How can I be sure laser treatment is safe?**

**A:** Lasers have been safely used in medicine for over 30 years. Our clinical staff are all trained to the highest standard and regularly update their clinical knowledge and skills.

#### **Risks & Discomforts:**

As with all procedures, some risks are involved with laser therapy. It is normal to have redness and some swelling of the area after treatment, and usually subsides after a few days. See below for a more detailed list of risks and complications.

**Swelling:** Areas most likely to swell if treated are those areas under the eye and neck. The swelling subsides within three to five days.

**Blisters or crusting:** Though rare, these may develop within the first three days and can take two weeks to resolve. We advise keeping the area moist with aloe vera gel. Wash with warm water and unscented soap and pat dry. Allow the crust to fall off naturally.



**Infection:** Swelling, crusting, redness, pain and fever could indicate an infection requiring antibiotic therapy. Please contact the clinic or your GP if this occurs.

**Bruising:** Bruising may occur following treatment and this discolouration will disappear within two weeks.

**Skin Darkening (*hyper-pigmentation*):** Occasionally brown/grey darkened areas may occur at the site of the laser treated areas particularly if the skin is exposed to sunlight. This darkening usually fades within two to six months but in rare cases may persist for longer periods. Sun block, factor 50+ with UVA/UVB protection, should be used during and for two years post treatment.

**Skin Lightening (*hypo-pigmentation*):** Light spots may occur in laser treated areas. These are infrequent and usually short lived but in rare cases may be permanent, leading to possible loss of tanning ability in the treated areas. Sun block should be used for two years after completion of laser treatment.

**Scarring:** As an extremely rare reaction after vascular-specific laser therapy, scarring could occur following disruption of the skin's surface

**Allergic reaction:** If local anaesthetic or antibiotics are used there is a risk of an allergic reaction.

**Activation of cold sores:** Patients who present with active cold sores cannot be treated. Medication may be prescribed for patients who are prevalent to cold sores.

**Lesion Persistence:** Some vascular lesions may not disappear completely or may reoccur after treatment despite the best efforts of the laser team.

**Papules:** These hive-like raised areas may occur at the treatment site and usually subside after a few hours.

**For more on laser treatment, contact Eccles Clinic on 01-8302169**