

LASER TREATMENT OF ACNE SCARS USING CO₂ OR ER-YAG LASER

WHAT IS LASER ACNE SCAR SMOOTHING?

It is a simple procedure where a fractional laser is used to smooth acne scars and reduce their visibility.

WHICH LASERS DO WE USE?

Lutronic eCO₂ or Fotona Er-Yag laser can be used. The decision on which laser to use is made by the doctor who performs the procedure.

HOW IS THE TREATMENT PERFORMED?

The skin must not be tanned. Before the treatment, the patient receives medication to protect against herpes outbreaks. **The day before the procedure, one Valtrex tablet is taken at 8 am and 8 pm, the same on the day of the procedure**, and continued for three days after the procedure.

Arrive half an hour before the appointment, without make-up. Photodocumentation is performed and an anaesthetic cream is applied. Bring a wide-brimmed hat for protection against the sun.

The procedure is a little painful; there is a sensation of heat. The rays radiate – fractionally – just part of the skin. There they cause numerous small burns of precisely defined depth, affecting both the surface and deeper layers of the skin. After the treatment, the skin is lubricated with ointment, which is applied several times a day until healed, whenever there is a feeling of dry tension. The skin heals from the not irradiated surrounding area in three to ten days. After treatment small haemorrhages can occur on skin, however they are not dangerous. The mildly burning sensation, like after sunburns, disappears after an hour or two. Swelling and redness develop, but it usually resolves in two or three days. From the second day, tiny scales may form on the skin, which peel off after three to seven days. The patient can start washing using water and shaving the day after the procedure, and on the third day he/she can apply foundation. The skin must be protected from the sun for at least another month with a high SPF sunscreen, moisturiser and appropriate hat. As long as the skin is red, we advise against spicy food, alcoholic beverages, sauna, Turkish baths and heavy physical activity.

HOW MANY REPETITIONS ARE NECESSARY?

An aesthetically positive effect appears a few months after the first treatment. When the scars are deeper, several repetitions (e.g. three to five) are needed at intervals of a few months. The interval between two treatments should not be less than four weeks.

THE SUCCESS OF THE PROCEDURE

The effect is visible only several weeks after the laser therapy cycle has been completed.

CONTRAINDICATIONS OR FOR WHOM IS THE PROCEDURE NOT SUITABLE?

Therapy with the Er-YAG and CO₂ fractional laser is not suitable for patients allergic to antibiotic ointments, have photosensitive skin, or open wounds on areas, intended for treatment, due to injury, diabetes, chronic diseases of the soft tissues, radiation therapy or chemotherapy. It is not suitable for those who have an active herpes simplex virus infection, cancer, unrealistic expectations, or who are unwilling or unable to follow after-care instructions. Caution should be taken if anti-clotting medication is taken.

SIDE EFFECTS AND COMPLICATIONS

As with any treatment, there are possible complications after laser treatment in the form of

infections, prolonged healing, bleeding, discolouration, sensation disturbances, inflammation, necrosis, ulceration, transient ectropion, scarring, watery bubbles and prolonged redness, but if the instructions are strictly followed, there are no significant complications and laser treatment is very safe.

POST-PROCEDURE INSTRUCTIONS

After the procedure, saline compresses are applied, a cream is applied to speed up recovery and sunscreen is applied.

At home, Valtrex is taken twice daily, one tablet for three days after the procedure, and cold, moist compresses are applied for 20–30 minutes as needed to relieve pain. Wash twice a day with saline or boiled water. Apply antibiotic ointment three times a day for the first five days, followed by Bepanthen ointment if the skin feels dry or tight, then LRP Cicaplast Baume B5 spf 50 cream or Cicatridina or **Bepanthen ointment** several times a day for a month. The area to be treated should not be rubbed, but gently blotted with a tissue (gauze). For four days after the procedure, sleeping with the head elevated is recommended to reduce swelling. Tasks that cause skin flushing should be avoided for two weeks, any aggressive procedures on the facial skin (peeling, dermabrasion, visiting the beautician, etc.) for four weeks, and no irritants should be applied on the face for six weeks. Four weeks after the procedure, white or red cells or pimples may appear, which clear up on their own. Until the healing process is complete, you are not allowed to go to the sauna or to have a massage on the treated area. Should blisters, crusts or skin flaking appear, prescribed antibiotic cream should be applied twice a day until the condition improves. Regular sun protection is mandatory (glasses, hat, sunshade, SPF50 sunscreen).

Expected course of healing after the treatment:

Day 0–4: the skin is red, swollen (especially eyelids, cheeks), sensitive, with pinpoint bleeding.

Day 5–7: the skin is less red, becoming dry, itchy, with visible skin flaking. The redness lasts from one to two weeks or, to a lesser extent, longer.

After one month: use of a normal skin care cream and regular sun protection are recommended.

After three and after six months: we recommend a check-up.

You can return to work or daily activities 7–14 days after the procedure.

Prior to the examination, you must also fill out the Informed Consent form together with the doctor as regulated by the Patient Rights Act and the Doctor's Duty to Obtain an Informed Consent. The rules for filling out the form and the statement are presented upon your arrival at our institution.

IF YOU HAVE ANY QUESTIONS REGARDING THIS BROCHURE, PLEASE CONTACT US FOR FURTHER INFORMATION.

We will take care of your health and well-being to the best of our ability. Thank you for your confidence in us.

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