

LASER TREATMENT OF SCARS USING CO₂ OR ER-YAG LASER

WHAT IS LASER SCAR SMOOTHING?

It's a simple procedure where a fractionated laser is used to smooth and reduce the visibility of scars after surgery or trauma.

WHICH LASERS DO WE USE?

The Lutronic eCO₂ or Fotona Er-Yag laser is used. It is chosen by the doctor who performs the procedure.

HOW IS THE TREATMENT PERFORMED?

Arrive half an hour before the appointment for photo-documentation and to apply anaesthetic cream.

The procedure is a little painful; there is a sensation of heat. The rays radiate – fractionally – the scar. There they cause numerous small burns of precisely defined depth, affecting both the surface and deeper layers of the skin. After the treatment, the scar is applied with an ointment, which should be applied two to three times a day until healed, which takes three to ten days. After treatment small haemorrhages can occur on skin, however they are not dangerous. The mildly burning sensation on the scar, like after sunburns, disappears after an hour or two. Sometimes swelling and redness also develop, usually being resolved within two to three days. From the second day, tiny scales may form on the scar, which peel off after three to seven days. The patients can wash themselves with water one day after the procedure. The scar should be protected from the sun for at least one month by wearing clothing or a SPF50 sunscreen. As long as the skin is red, we advise against 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, 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

The ointment should be applied several times a day to restore and heal the skin.

As long as the scar is red, we advise against sauna, Turkish baths and heavy physical activity.

Regular sun protection (clothing, SPF50 sunscreen) is essential for at least one month after the treatment.

We recommend a check-up after three and after six months.

You can return to work or your daily activities immediately 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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