



Nd Yag/Q-Switch Laser Treatment And After Care

What is Nd Yag/Q-switch laser treatment?

This is a laser treatment that is used for removing dark spots in the skin such as birth marks, age spots or tattoos. Varying wavelengths can be used for treatment, and your doctor will choose the most appropriate one for you based on your skin condition.

What happens during treatment?

Please let the doctor know if you have any allergies to any medications.

Eye protection is provided-either goggles to wear or an eye guard. The laser is blasted onto the affected area. Quick flashes of the bright light may be seen during treatment. Each treatment session usually lasts 30 minutes.

What are the benefits of having Nd Yag/Q-switch laser treatment?

The Nd Yag/Q-switch laser can produce significant lightening of the dark birth marks, age spots or tattoos over a number of treatments with little risk of changing the skin's texture or scarring of the skin.

What Are The Risks?

Immediate inflammation occurs at the treatment sites and fades over 24-48 hours. The treated area may be bruised for 10-14 days. Crusting and/or slight bleeding may occur. There may be swelling of the treated skin for two to three days. Skin around the eye is particularly prone to swelling. There's always the possibility of unwanted changes in skin color after the treatment, either slightly darker or lighter. Your skin will be sensitive to the sun's rays after treatment and we would recommend wearing sun protection cream (SPF 50) directly after treatments and for up to a year after. Sometimes a scab may form on the treated area. If a scab forms, it is important not to pick it. It is standard policy that laser treatments are not provided during pregnancy. Please let us know if you are pregnant or are planning a pregnancy. Please follow the instructions on the packet. Avoid taking any medications containing aspirin for pain relief for five days after the laser treatment, as it increases the risk of bruising. We suggest taking Arnica pills instead, for pain relief and Arnica bruise care to be applied on the treated areas.

What do I need to do after I go home?

- There may be swelling of treated skin for a few days. To help reduce swelling, apply an ice pack for two to three minutes every quarter of an hour on the day of the treatment and use extra pillows under your head when sleeping to help reduce swelling from areas treated on the face.
- You can shower and bathe the treated area as normal, but you should pat the skin dry, try to avoid shaving in and around the lesion until any bruising has faded.
- Use an antiseptic cream on the treated area if crusting occurs, to reduce the risk of infection.
- Avoid using any makeup on the lesion for five days after treatment, avoid sports involving physical contact, until any bruising has faded.