

Laser hair removal service



Dermatology

patientinformation

Bring your medicines when you come into hospital

Prescription medicines

Medicines you have bought

Alternative & herbal medicines

Inhalers



Hearing about your experience of our services is very important as it means we can pass compliments on to our staff and make improvements where necessary. Tell us what you think by emailing us at: yourexperience@rothgen.nhs.uk

Slovak

Slovensky

Ak vy alebo niekto koho poznáte potrebujete pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

Kurdish Sorani

كوردی سۆرانی

نەگەر تۆ یان کەسێک کە تۆ دەبناسی پێویستی بەیارمەتی هەبێت بۆ ئەوەی لەم بەلگنامە بە تێبگات یان بێخوێنتێتەوه، تکایە پەیوەندیمان پێوه بکە لەسەر ناو ژمارەیە ی سەروددا یان بەو نێمەیلە.

Arabic

عربی

إذا كنت انت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

Urdu

اردو

اگر آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

Farsi

فارسی

اگر جناب عالی یا شخص دیگری که شما اورا می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.

If you require this document in another language, large print, braille, audio or easyread format, please ask our healthcare providers*

*Note to healthcare providers:

Translated / easyread healthcare information can be sourced via the **Easyread websites** listed at the back of this leaflet or via contacting our translation company **Big Word**.

Big Word can be accessed through the search option on InSite.

What is laser hair removal?

In Dermatology we provide a unique laser hair removal service to remove unwanted hair so you can enjoy smooth, hair free skin without the hassle of waxing or shaving. Unlike other methods, laser hair removal provides a safe and effective long term solution to unwanted hair on the face and body.

What are the benefits of laser hair removal?

- It's less painful than waxing or electrolysis
- We provide fast treatment for long-term benefits. Most patients will see a 20% reduction of hair growth in the four to eight weeks following each treatment
- Most patients require just four to six treatments
- No more stubble but softer hair regrowth that is lighter and finer in texture
- No unsightly red bumps, shaving rash or ingrowing hairs
- It's skin friendly. Unlike waxing, skin is not damaged
- Unlike epilation, we can treat large areas in a short space of time. Most treatments take less than 30 minutes

How does laser treatment work?

The skin laser works by creating a focussed beam of high-intensity light that penetrates into the skin tissue, where it delivers a controlled amount of targeted therapeutic heat to the hair bulb.

The Dynamic Cooling Device (DCD) technology protects the upper layers of your skin with a cooling burst of cryogen, a liquid used to obtain very low temperatures. Together, the long-pulse laser and DCD technology offer optimal treatment with minimal side effects.

What will happen at my first consultation?

All treatments are carried out in the Rotherham Hospital Dermatology Department and are provided by a friendly, experienced team of Dermatology Nurses.

At your first consultation, we will assess your skin and hair type, discuss treatment options and advise how many treatments you will need to achieve the best results. At this consultation, please bring details of any medications you are taking. If you have a history of herpes simplex (cold sores), please inform the nurse in the consultation as you might need preventative treatment for this before you start laser treatment.

Do I need to do anything before my treatment?

Please do not pluck, wax or have electrolysis for six weeks before your treatment. Please shave the affected area on the day of laser treatment.

On the day of your treatment, please do not use any of the following:

- Deodorant
- Lotion / ointment
- False tan
- Make-up
- Perfume
- Aftershave

If you are wearing make-up on the area to be treated, please bring some unperfumed soap with you so that you can wash it off.

Laser treatment cannot be carried out on sun tanned skin, so a tan must be allowed to fade before treatment begins. False tan must be stopped and skin must be exfoliated thoroughly at least one week before treatment.

What will happen?

A test patch, where a small area of skin is treated, is normally carried out to see how the skin reacts to laser light. A follow-up appointment is then made for two weeks later when, if there have been no problems with the test patch, a larger area of skin will be treated.

Goggles must be worn during the treatment, to protect your eyes from the laser light.

For hair removal, more than one treatment will be needed, as the process is most effective when the hair follicle is in its growth phase.

Will it be painful?

When the laser light hits the skin, it feels like a rubber band twanging against it. If needed, some local anaesthetic cream can be applied to the area to be treated, but this must be done at least one hour before the treatment starts.

Are there any side effects?

The treated area may appear red, inflamed or swollen, but this will settle down over a few days.

Scabbing or blistering may occur in the treated areas. Any scabs should not be removed, but allowed to fall off naturally.

If you experience any swelling or redness, the area may be infected and antibiotics may be needed.

Please contact us on 01709 424436

Laser hair removal service

Hypo or hyper pigmentation of the skin may occur in the area treated. This means that the skin may become lighter (hypopigmented) or darker (hyperpigmented) than the surrounding normal skin. Hypopigmentation can be permanent.

What happens after my treatment?

Immediately after treatment you can use either Aloe Vera gel or a cold compress to ease any discomfort in the skin. Do not put ice directly onto your skin as it could burn.

Take Paracetamol for any discomfort over the next few days (not Aspirin).

Unless the area being treated is around the eyes and there is swelling, you can carry out your normal activities.

The skin may be washed gently. You may apply deodorant or make-up 24 hours after your treatment if the skin is not broken.

Hair will start to shed approximately two weeks after treatment. You may shave or use a washcloth to exfoliate but do not pluck or wax the hair.

During the treatment period and for six months after, a sunblock must be used on the treated area.

Avoid exercise for 24 hours after treatment.

How to contact us

Dermatology Reception

Monday to Friday
9.00am to 4.30pm
Telephone 01709 424451

Dermatology Department

Monday to Friday
8.00am until 8.00pm
Saturdays and Bank Holidays
9.00am until 4.00pm
Telephone 01709 424436

Switchboard

Telephone 01709 820000

Useful contact numbers

**If it's not an emergency,
please consider using a
Pharmacy or call NHS 111
before going to A&E.**

NHS 111 Service

Telephone 111

Health Info

Telephone 01709 427190

Stop Smoking Service

Telephone 01709 422444

A&E

Telephone 01709 424455

**For GP out of hours,
contact your surgery**

Useful websites

www.therotherhamft.nhs.uk
www.nhs.uk
www.gov.uk
www.patient.co.uk

Easyread websites

www.easyhealth.org.uk
www.friendlyresources.org.uk
www.easy-read-online.co.uk

We value your comments

If you have any comments
or concerns about the services
we have provided please
let us know, or alternatively
you can contact the
Patient Experience Team.

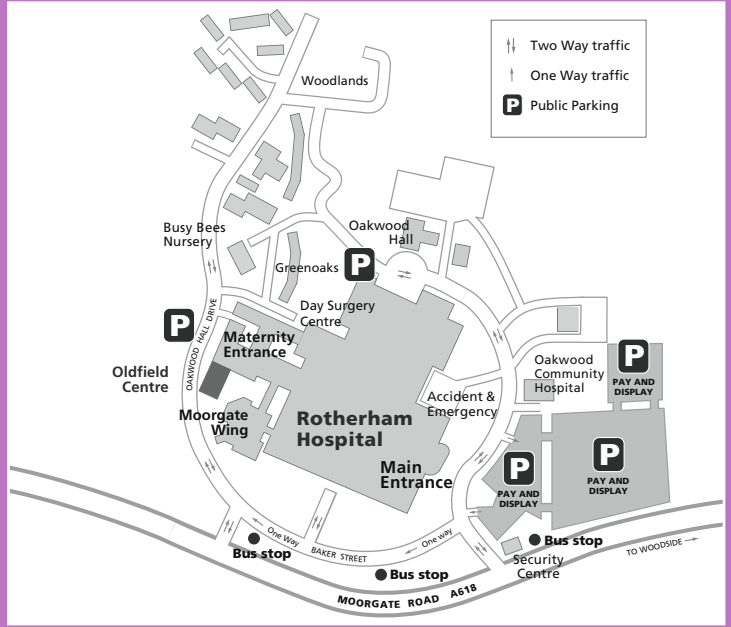
Patient Experience Team

The Oldfield Centre
The Rotherham NHS
Foundation Trust
Rotherham Hospital
Moorgate Road
Rotherham
S60 2UD

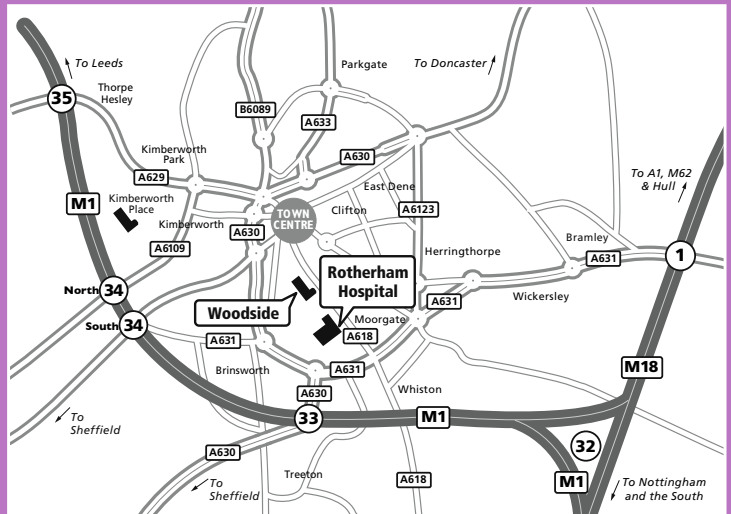
Telephone: 01709 424461
Monday to Friday
9.00am until 4.00pm
Email: yourexperience@rothgen.nhs.uk

How to find us

Hospital site plan

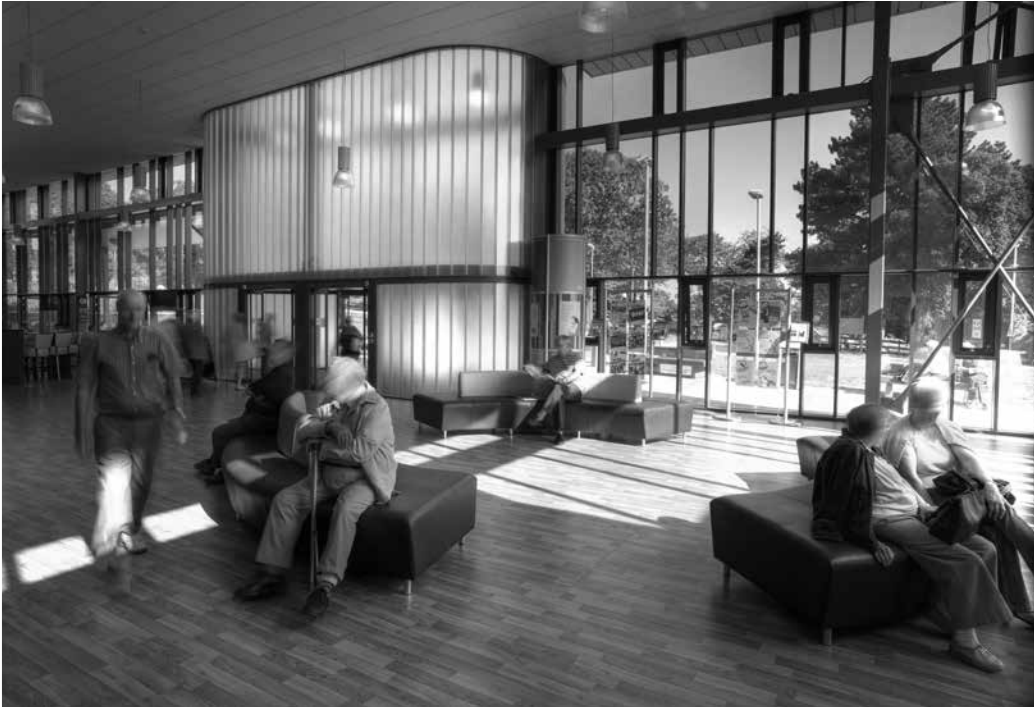


Rotherham main routes





LS XXX01/15 V1 Jones & Brooks



The Rotherham **NHS**
NHS Foundation Trust

Rotherham Hospital
Moorgate Road
Oakwood
Rotherham
S60 2UD

Telephone 01709 820000
www.therotherhamft.nhs.uk

