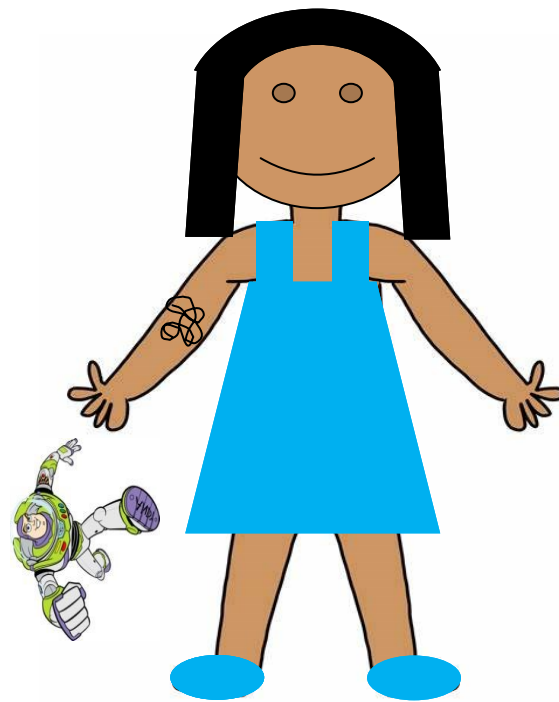


Nita had Laser Therapy for her scar



What is a scar?

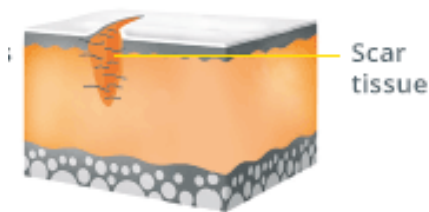
If you have an injury to your skin, the body will naturally make new skin to help repair the wound.

If the wound is very deep, doctors can do a skin graft operation to help it heal.

The healing for any type of skin wound can take days, or weeks, or even years.

When the skin has fully healed it can sometimes look a bit different to the rest of your skin. It might look and feel bumpy, or be a different colour. This is called a scar.

Injured skin with scar



Scars can happen if new skin grows unevenly or the body keeps making new skin after the wound has healed.

Scars can make the skin feel itchy or make some movements more difficult.

Laser Therapy can help with the appearance, movement and itch of scarred skin.

What is Laser Therapy?

Special machines are used for laser therapy on scarred skin. They look like a big computer with a screen and have a pole attached with a little wand at the end.



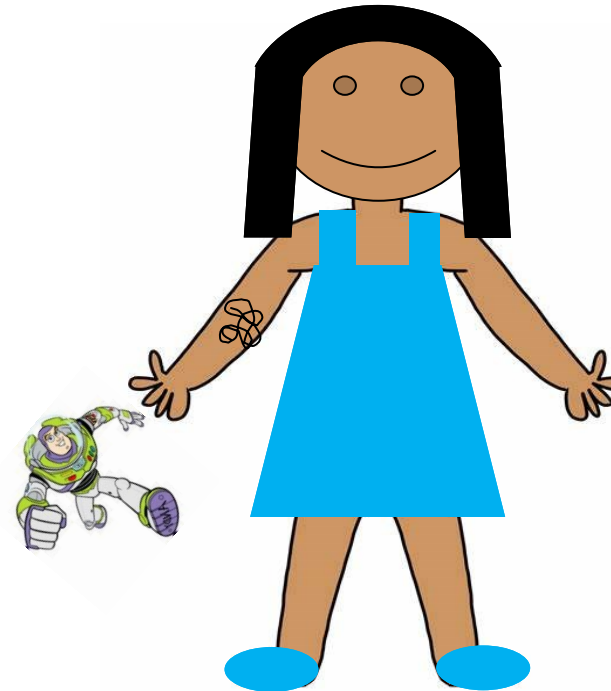
The laser light can be used to make tiny holes in the scar's surface so that new skin can grow. This helps flatten and stretch the scar.

The laser light can also be used to shine onto the scar to stop blood flow to this area. This tells the skin cells to stop making new skin.

It's important to know that the laser machines can help with the appearance and movement of scarred skin, but cannot get rid of scars completely.

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Nita's story

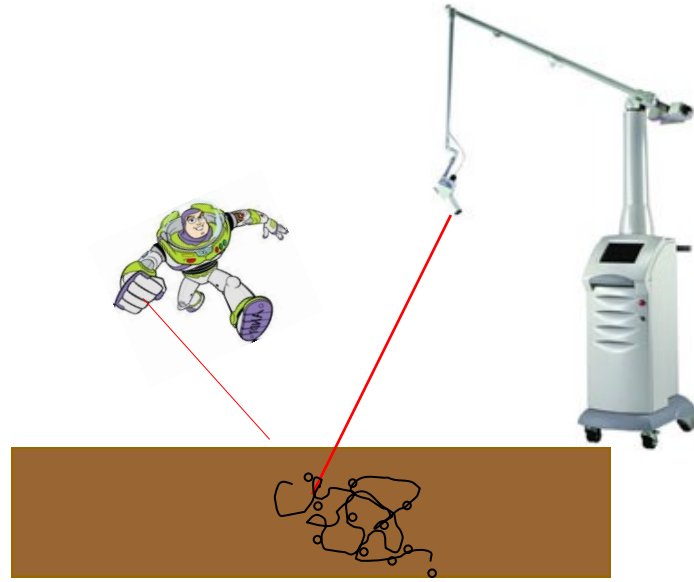


This is a story about Nita. Nita has a scar on her arm from hot water that accidentally spilt on to her as a young child.

When Nita's skin healed it formed a scar that now looks a bit creased and bumpy. Her scar has made her skin feel very tight and she has trouble bending her arm.

At Nita's recent hospital appointment, the doctor said Laser Therapy might help.

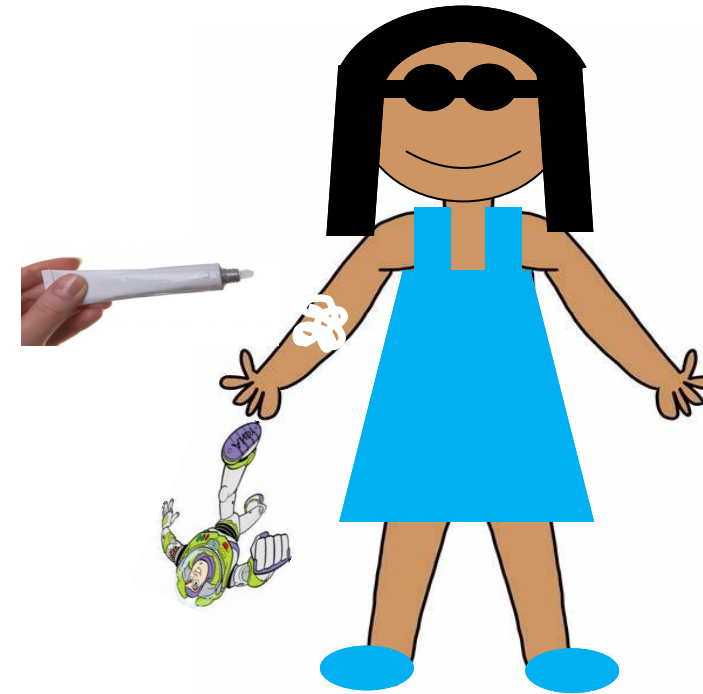
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Nita and her mum came to the hospital to meet the laser team for a 'taster session'. They visited the laser therapy room and saw the laser machines.

The nurse told Nita that the wand on the machine would shine a special laser light onto Nita's scar. Nita thought it looked like the laser beam on her Buzz Lightyear toy.

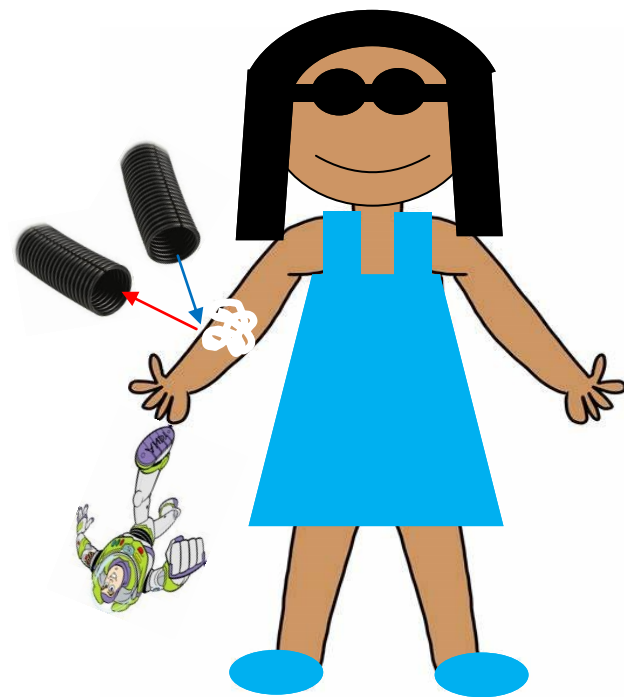
The nurse explained that the laser light makes tiny holes in the scar, so that new stretchy skin can grow to help flatten the scar and help Nita have better movement of her arm.



Nita asked the nurse if the laser light would hurt.

The nurse explained that it might feel a bit like a rubber band flicking on the skin and said that Nita could wear numbing cream to help stop her feeling this sensation quite so much.

The nurse also said that everyone in the laser therapy room must wear special glasses to protect their eyes from the light. The glasses are similar to wearing sun glasses.

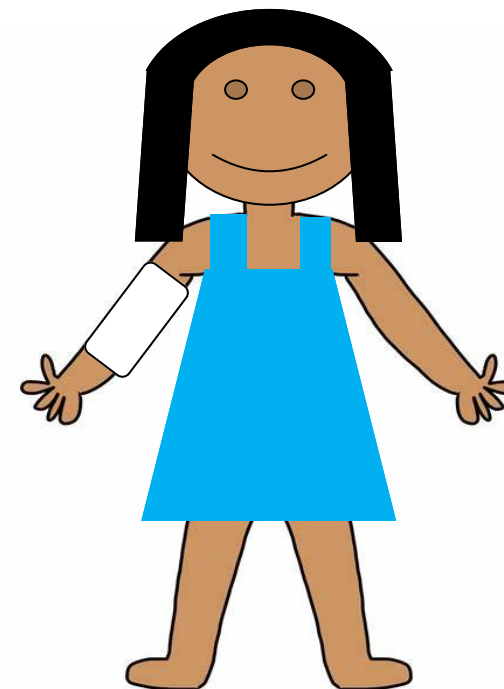


Nita saw another machine in the laser therapy room.

This machine had two tubes attached to it.

The nurse told Nita that when the laser light is working it makes little puffs of smoke.

The tubes on this machine are used like a vacuum cleaner to suck away the little puffs of smoke and also like a fan to blow cool air onto the scar.



The nurse told Nita that after the laser therapy a bandage would be put on the treated area of Nita's arm.

When the new skin grows it can make little scabs on top of the skin's surface, similar to a scab you might get if you fell over and grazed your knee.

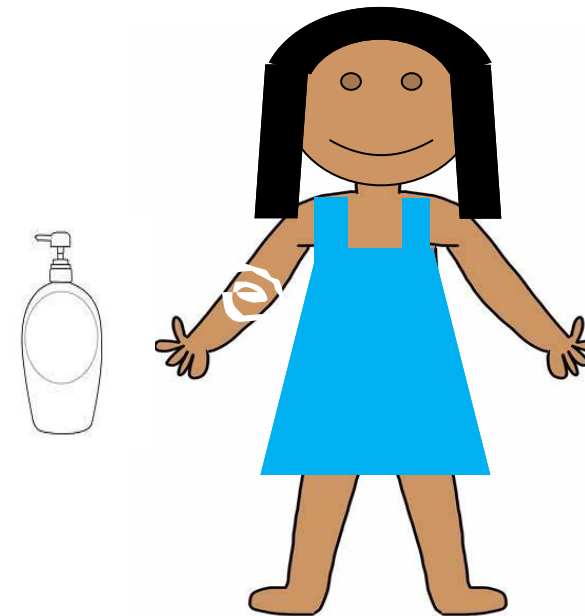
When these scabs fall off you will not be able to see where the holes were.



The nurse answered all of Nita's questions before trying out a test patch on Nita's skin.

The test patch was very small and helped Nita see the laser working. This helped Nita to know what it would be like when she comes in for her laser therapy treatment.

After this first appointment the nurse booked a time for Nita in to come and see the laser team again for her laser therapy treatment to start.



Nita came to the hospital for multiple laser therapy sessions over several months. After her last treatment session Nita was invited to meet with the hospital Occupational Therapist and Physiotherapist.

They told Nita about the stretches, movements and creaming she would need to do to get the most out of the laser treatment results. This included using a cream called 'Dermol 500' up to four times a day until Nita's skin was healed.

The number of sessions will be different for different people. You can talk to the laser team about the number of sessions that would be best for you.



All patients will meet with the laser team for a first 'taster session' to talk about the best option for them before any treatment is started.

Sometimes people need laser on a bigger part of their body. For this to happen the laser team can give a special sleep medicine. The laser treatment can then happen in the operating theatre instead.

If this happens you will meet with a doctor called an anaesthetist to talk about this first. You will then be booked in for your laser therapy treatment.

This booklet has been developed by Nicola Jessup (Play Specialist) and Dr Kate Davenport (Clinical Psychologist) to help children and families understand **skin laser therapy**.

Further Contacts:

If you have any questions about the content of this leaflet and/or your treatment please contact the services below:

Laser Service: 01245 515027

Burn's Therapies: 01245 516220

Psychological Therapies Service: 01245 516874



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