

HKSH Dermatology Centre

養和皮膚科中心

CONSULTATION HOURS	診症時間
Monday to Friday 9:30am – 5:30pm	星期一至五 上午 9 時 30 分至下午 5 時 30 分
Saturday 9:00am – 1:00pm	星期六 上午 9 時至下午 1 時
Closed Sundays and Public Holidays Consultation by Appointment	星期日及公眾假期休息 敬請預約

(852) 2855 6650
derm@hksh-healthcare.com

HKSH Plastic & Reconstructive Surgery Centre

養和整形外科中心

CONSULTATION HOURS	診症時間
Monday to Friday 10:00am – 6:00pm	星期一至五 上午 10 時至下午 6 時
Saturday 9:00am – 1:00pm	星期六 上午 9 時至下午 1 時
Closed Sundays and Public Holidays Consultation by Appointment	星期日及公眾假期休息 敬請預約

(852) 2855 6633
prsc@hksh-healthcare.com

HKSH Skin Laser Centre

養和皮膚激光中心

(852) 2855 6655

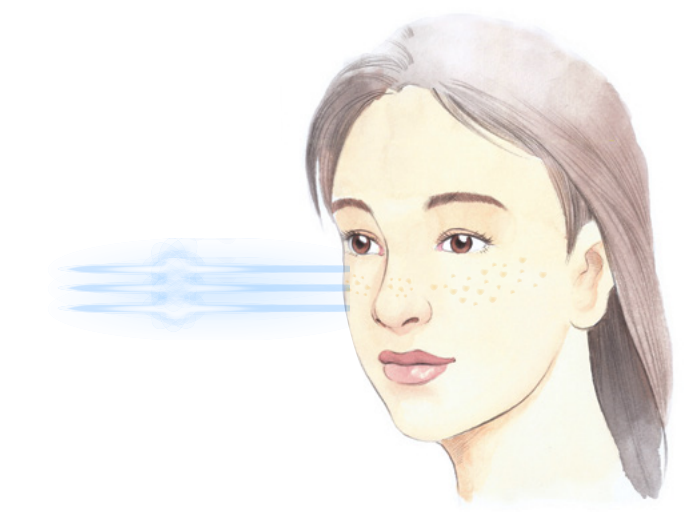
HKSH Healthcare Medical Centre

養和醫健專科中心

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激光是單頻譜，能量集中的光能。醫療用的激光可以頻譜如 532nm、585nm、755nm、1064nm，或以激光產生的媒體如 NdYag、Alexandrite、CO₂、Erbium Dye 等來分類。不同的激光有不同的功能。醫生會因應需要而選擇適當的激光進行治療。

激光的優點是對特定的皮膚問題作出針對性的治療，而且不會影響或破壞周邊正常的組織及皮膚。

隨著時代的進步，激光已被廣泛應用在醫療及美容上。其用途如下：

激光去斑及紋身

適用於雀斑、曬斑、顴斑、老人斑、太田斑、咖啡斑、紋身及紋眉等。

原理是利用特定波長的納秒激光將皮膚色素粒子擊碎，然後通過淋巴組織排出體外。常用的去斑之激光 NdYag、Alexandrite、Ruby Laser 等。

治理色斑或紋身需要多次治療，每次相隔 6 至 8 個星期，康復時間約數天。

副作用不常見，但亦可能出現反黑反白等情況。罕有的副作用包括：傷口流血、感染或結疤。

減淡紅斑、血痣及微絲血管

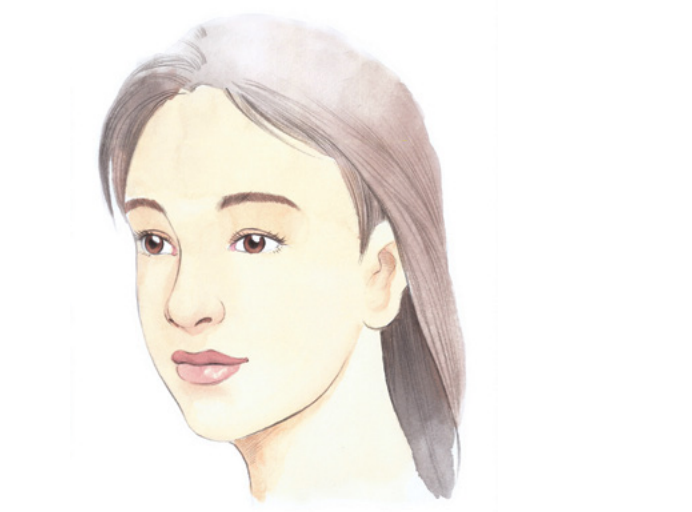
原理是利用血管中的血紅素，吸收激光的能量，轉化成熱能，使血管萎縮。醫學研究證明脈衝染料激光 (Pulse Dye Laser) 是最為有效。

治療需要多次療程，每次相隔 3 至 6 個星期。治理後有輕微瘀腫，可於數天後減退。

二氧化碳激光去瘰

瘰可分為良性及惡性，如發現身上的瘰出現色數變化，變大便應切除以作化驗。一般良性的瘰可選擇用二氧化碳激光 (CO₂ Laser) 去除。CO₂ Laser 的優點是可準確地氣化瘰的組織而同時減少對正常組織的損害，所以傷口的癒合較傳統的方法如電灼或冷凍為佳。疤痕亦可減至最少。

由於 CO₂ Laser 有以上的優點，所以 CO₂ Laser 亦可處理其他皮膚的問題，如痣、疣、老人斑、皮脂腺增生瘰肉等。



分段激光換膚及暗瘡疤痕治療

分段激光換膚適用於撫平皺紋，收細毛孔，改善皮膚性質，及改善暗瘡疤痕、凹凸洞和增生疤痕。原理是利用激光的熱能分解作用。把密集微小的激光光束穿透皮膚，製造微細創傷，刺激皮膚修補及更新，達至改善皮膚性質及疤痕的目的。復原是間較傳統激光換膚為短，創傷性亦較低。

分段激光換膚可分為磨損性激光（如：Fractional CO₂ Laser），及非磨損性激光（如：Fraxel、Affirm）兩大類。磨損性分段激光效果較非磨損性激光顯著，但康復時間較長。

治療後皮膚會出現紅腫，可於數天至一星期減退。分段激光換膚需 3 至 5 次治療，每次相隔 6 至 8 個星期。副作用包括色素沉澱及皮膚感染。

激光脫毛

適用於唇毛、腋毛、腿毛、比堅尼毛等。

原理是利用特定波長的毫秒激光 (755nm、1064nm) 穿透皮膚到達毛髮根部，光能被吸收後轉化成熱能並破壞毛囊組織，達到持久脫毛的效果。

治理後皮膚會有輕微紅腫，紅腫可於數小時後減退，不會影響工作。整個療程需作 3 至 5 次治療。每次相隔 4 至 6 個星期。

由於毛髮有生長週期，激光只能治理生長中的毛髮。所以效果只能維持一段時間而非永久。

注意事項

激光治療不適合孕婦、皮膚發炎、患有嚴重慢性疾病（如：紅斑狼瘡），及治療前曾服食令皮膚對光及光敏感的藥物（如：四環素、維他命 A 的口服藥物或藥膏）的人士。皮膚黝黑或最近有曬太陽的人士會吸收更多熱能，容易引起不良反應。體內裝有心臟起搏器或金屬架的人士，亦不宜進行射頻治療。

DERMATOLOGICAL LASER 皮膚激光治療

DERMATOLOGICAL LASER

皮膚激光治療

DERMATOLOGICAL LASER

Laser is a monochromatic, coherent, collimated high-energy light device. Medical lasers can be classified according to their wavelengths and producing mediums. We have a comprehensive array of 532nm, 595nm, 694nm, 755nm, 900nm, 1064nm laser or Nd:YAG, Alexandrite, CO₂, Erbium and Thulium lasers, each with a unique and specific function. The doctor will examine the skin condition and pigment characteristic of the patient and decide on the appropriate laser type for the most effective treatment.

Laser only targets the specific skin problem, leaving surrounding normal skin tissue unaffected. With the advance in technology, laser is now widely used in cosmetic medicine and can treat many different kinds of skin lesion.

PIGMENTED SKIN LESIONS

Laser can treat pigmented skin lesions such as freckles, solar lentigines, naevus zygomaticus, seborrhoeic keratosis, Naevus of Ota, café au lait macules, tattoos and eyebrow and eyeliner tattoos.

Upon application, the laser will break down the pigmented particles into tiny fragments. These fragments are then absorbed and excreted through the lymphatic system. Commonly used lasers include Nd:YAG, Alexandrite and Ruby laser.

Treatment may require multiple sessions, six to eight weeks apart. Recovery may take several days.

Side effects like hypopigmentation and hyperpigmentation are not common. Rare complications include bleeding, infection and scarring.

VASCULAR LESIONS REMOVAL

Lesions like telangiectasia, port-wine stain and haemangioma can be treated with the pulsed dye laser.

Upon application, the haemoglobin in the red blood cell will absorb the laser energy and convert it into heat energy, causing thrombosis of the abnormal vessels. Pulsed dye laser is proven to be the most effective way to treat vascular lesions in many medical studies.

Treatment may require multiple sessions, three to six weeks apart. Bruising and swelling may appear after treatment but will usually subside after a few days.

CO₂ LASER MOLE REMOVAL

Moles can be either benign or malignant. If a recent change in color or size of the mole is observed, excision of the mole for histological examination is necessary. Benign mole can be treated with CO₂ laser that can vaporise the mole while leaving surrounding tissue unaffected. Wound recovery is also much better than other forms of treatment such as cryotherapy or cauterisation with minimal scarring.

CO₂ laser is also effective in removing wart, age spots, seborrhoeic keratosis, skin polyps and papillomas.

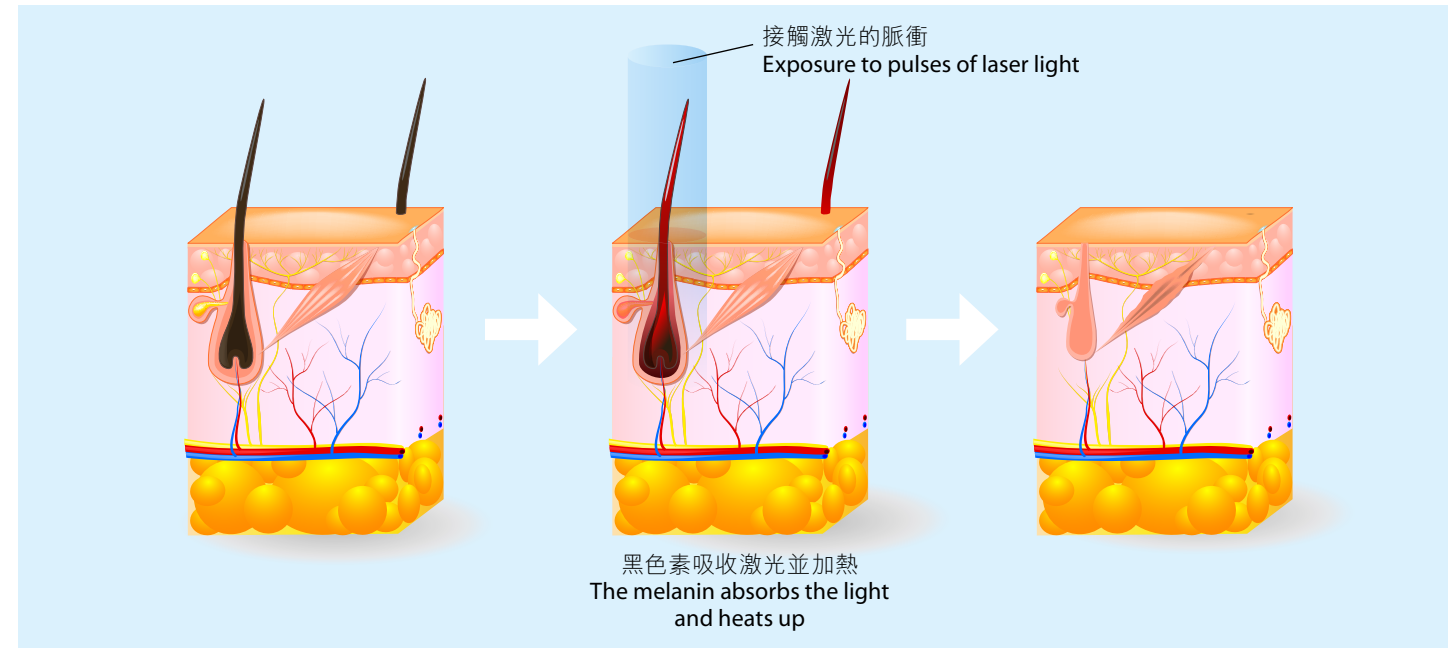
FRACTIONAL LASER AND ACNE SCAR TREATMENT

Fractional laser can improve stretch marks, wrinkles and skin texture, acne scars and hypertrophic scars. The laser induces numerous microscopic columns of thermal injury to the dermis layer of skin, promoting rapid skin repair and stimulating regeneration of collagen. Noticeable changes can be seen within two to three weeks. Redness and swelling is normal after treatment and will subside after four to seven days. People can return to work soon after treatment. To realise full benefits, fractional laser treatment should be repeated every six to eight weeks for three to four times.

HAIR REMOVAL

Laser can also be used for hair removal purpose and can effectively treat lip hair, armpit hair, leg hair, bikini hair, etc.

The hair removal laser is a millisecond laser with specific wavelengths (755nm, 1064nm) that will penetrate deep into the root of hair follicles where the laser light will be absorbed as heat to damage the hair follicle structure.



Side effects may include mild redness and bruising that will usually subside within a few hours. Treatment will not affect daily routines. A whole treatment course may take at least three to five sessions to complete, each of which is conducted every four to six weeks.

Hair grows in cycles. Laser hair removal is most effective when the hair follicles are in their active growth phase. The outcome can last a period of time but may not be permanent.

CAUTION

Laser treatments are not suitable for pregnant women, people who suffer from skin inflammation or serious chronic diseases (e.g. Systemic Lupus Erythematosus), and those who have taken any medication that heightens skin sensitivity to light before treatment (e.g. Tetracycline, Retin A). People who are dark-skinned or have sun tanned recently may be prone to more adverse reactions. Radiofrequency treatments are not advised for those with pacemakers.

