

# K-Laser Therapy

This leaflet explains more about the Low Level Laser Therapy used in Hand Therapy known as K-Laser.

## Why have I been referred for this treatment?

Your Doctor has requested K-Laser Therapy to help the symptoms you are experiencing in your hand or arm. K-Laser Therapy is known to produce beneficial effects in the treatment of your condition through applying a laser to the immediate area you are having a problem with including the surrounding area.

## Benefits of this treatment for you

K-Laser therapy has been proven in clinical and laboratory studies to improve the supply of oxygen to the soft tissues in your hand and arm. This means that this type of Laser Therapy can, for example, reduce postsurgical complications and scarring processes during healing and help manage pain and discomfort, increasing your ability to use your hand and arm during daily tasks.

## How will the laser be applied?

Prior to K-Laser therapy you will be assessed by a therapist who will discuss your symptoms, ask you about medications you may be taking and advise you not to apply creams to your arm or hand before treatment. You will be required to remove clothing from your hand and arm. Laser light will be shone on the skin surface from a small probe which is held by the therapist, and moved over and around the symptomatic site. A warm sensation may be felt during the treatment. If this feels uncomfortable please let your Laser therapist know and the application will be easily adjusted.

You will be given safety glasses which must be worn during your treatment sessions. Your therapist or clinician and any other person present will also have to wear safety glasses to protect yours and their eyes from the infra-red therapeutic beam.

## How many treatments will I need?

Treatments will be repeated twice a week for 3 to 6 weeks. It is essential that you attend all your appointments to gain most benefit. Your therapist will book your treatments in advance to make sure your session will be completed. Additional treatments can be applied if necessary, without risks or side effects. If it is not possible to attend twice a week one session a week would still be beneficial.

## Foreseeable risks or discomfort

K-Laser therapy is a safe and effective therapy, the device used (K-Cube 4 15W) has been tested for safety by Guy's and St Thomas' Foundation Trust (Radiation Safety Department). K-Laser therapy is not known to induce allergic reactions or side effects. In the majority of cases the treatments are not painful and K-Laser treatment **can not cause burns**.

Adverse reactions are **rare and temporary** however if they do occur they may include:

1. Temporary increase in your current pain during application of laser.
2. Temporary increase in your current pain the following day after laser therapy.
3. Temporary shooting sensations, or pins and needles, or tingling in the treatment area, which typically subside soon after the end of the session.

If you experience any of these symptoms and they have not subsided in 48 hours, please contact the Hand Therapy team.

The treatment has a localised action, if during or after your treatment you experience symptoms in other areas of your body after the laser session they will not be related to the K-Laser treatment.

## Contact us

**If you have any further questions or concerns, please do not hesitate to contact Hand Therapy on 020 7188 4172/4174 and ask for your therapist**

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets)

## Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748 9am to 5pm, Monday to Friday

## Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS) **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints) **e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

## Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

**t:** 020 7188 8815 **e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

## NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111

## NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

**w:** [www.nhs.uk](http://www.nhs.uk)

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