

K-Laser therapy

This leaflet explains more about K-Laser, the low-level laser therapy (LLLT) used in hand therapy, including the benefits, risks, and what you can expect when you come for your appointment. If you have any questions, please contact the hand therapy team.

Why have I been referred for this treatment?

Your doctor or hand therapist has referred you for K-Laser therapy to ease the symptoms in your hand or arm. K-Laser therapy has been proven to help in the treatment of your condition.

Why should I have K-Laser therapy?

K-Laser therapy improves the supply of oxygen, nutrients and energy to soft tissues in your hand and arm. This helps to reduce postsurgical complications and scarring, aids recovery, and can help manage pain and discomfort. This should allow you to use your hand and arm for daily tasks more easily.

What happens during K-Laser therapy?

Before the therapy, you will be assessed by a therapist who will discuss your symptoms, ask about any medications you are taking, and advise you not to apply creams to your hand and arm before treatment. You will need to remove clothing and jewellery from the area, and you might be asked to wear clothes that are loose around the neck.

The therapist will direct laser light onto your skin using a small probe. The laser will be moved over and around the treatment area. You may feel a warm sensation. If it is uncomfortable, please let the therapist know.

You will be given safety glass that you must wear during your treatment sessions. If you suffer from epilepsy, please inform your therapist and a special set of goggles will be given to you. Your therapist and anyone else present will also need to wear safety glasses to protect their eyes from the infrared therapeutic beam.

How many treatments will I need?

The therapy is repeated twice a week, for three to six weeks. It is important you attend all of your appointments to gain the most benefit. Your therapist will book all of your appointments in advance; if you can't come in twice a week, having the therapy once a week is still beneficial. You can have extra treatments if necessary.

What are the risks?

K-Laser therapy is a safe and effective therapy. The device used (K-Cube 4 15W) has been tested for safety by the Guy's and St Thomas' radiation safety department.

K-Laser therapy is not known to cause allergic reactions or side effects. In the majority of cases the treatments are not painful and K-Laser treatment cannot cause burns.

Adverse reactions are rare, however they may include:

- temporary increase in pain during the treatment
- temporary increase in pain the day after the treatment
- temporary shooting sensations, pins and needles, or tingling in the treatment area.

If you experience any of these symptoms and they have not subsided in 48 hours, please contact the hand therapy team. The treatment will only affect the area it is applied to. If you experience any symptoms in other areas of your body, 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 the hand therapy team on **t:** 020 7188 4172/4174 and ask for your therapist. You can also email us, **e:** handtherapyappointments@gstt.nhs.uk.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w:** 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, Monday to Friday, 9am-5pm

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

Language and accessible 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

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 **w:** www.111.nhs.uk

NHS website

Online information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing. **w:** www.nhs.uk

Was this leaflet useful?

We want to make sure the information you receive is helpful to you. If you have any comments about this leaflet, we would be happy to hear from you, fill in our simple online form, **w:** www.guysandstthomas.nhs.uk/leaflets, or **e:** patientinformationteam@gstt.nhs.uk

Leaflet number: 4275/VER2

Date published: December 2019

Review date: December 2022

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A list of sources is available on request