

# **LASER Therapy: Frequently Asked Questions**

## **1. Does Laser hurt?**

A: Not usually. It feels like a warming sensation or sometimes like nothing at all.

## **2. How does Laser work?**

A: Laser is super concentrated light energy that your body absorbs to cause changes on a cellular level. The laser can go up to 4 inches into the body. The main benefit is increased healing, but it also reduces pain and repairs tendons, ligaments, and nerves.

## **3. What are the side effects?**

A: Typically, there aren't any, but the most common are mild bruising/redness or mild discomfort from the heat of the laser. More rare ones are temporary dizziness or interactions with light-sensitizing drugs (Doxycycline, Accutane, HCTZ, NSAIDs, and others).

## **4. Can I get Laser Therapy if I have a joint replacement?**

A: Yes, you can. Metal joint replacements are not contraindicated. Screws, implants, and pins are all safe to receive laser treatment.

## **5. Why can't I see the beam?**

A: Some settings show as red light but on other settings, the type of light emitted is not visible to our eyes. You can definitely feel the effect though. It's similar to how UV rays from the sun can't be seen, but they are still felt.

## **6. What are the age restrictions?**

A: It's safe for all ages because we can adapt the power to fit the patient. We typically won't perform laser on anyone under 8 to 10. There is no upper limit on age.

## **7. Can I do treatments on 2 consecutive days?**

A: Yes. But you can't treat the same area twice in one day.

