

# **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. Spinal stimulators must be turned off.

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

A: Laser is safe for all ages. In fact, our unit even has built in "child" settings to account for the size, body tissue and rate of growth. We typically won't perform laser on anyone under 4. There is no upper limit on age.

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

A: Yes. You shouldn't treat the same area twice in one day or the risk of side effects increases.

## **7. Is Laser covered by insurance?**

A: Unfortunately, no. Class 4 laser treatment is a self-pay therapy. We do have packages available with built-in discounts. Financing options are available both within our office and with an outside vendor called Care Credit. Please ask us if you have questions!

