



I defeated Breast Cancer!

Now that you have completed your cancer treatments and/or surgical therapies, you can address those physical reminders of having had breast cancer. These treatments are covered under OHIP for breast cancer survivors.

What can I do about my radiation tattoo marks?

The small pinpoint spots that were inscribed on your torso for radiation treatment are unfortunately permanent tattoo ink. Tattoo ink can be removed safely using special laser technology. At Laserderm a Q-switched Ruby or Q-Switched NdYag laser is used to precisely target the ink, this photoacoustic effect is only possible with very short-pulsed laser beams (Q-Switched or Picosecond lasers). The laser mechanically "breaks up the ink" beneath the surface of the skin and allows the body immune system to carry away the ink "fragments" through the lymphatic system. This is done at 6 week intervals until the ink is cleared or faded enough that you do not notice them anymore. Patients typically go through 3-5 of these sessions before the ink is clear or very faded. The treatment is not painful and the recovery is a few days of redness and swelling around the ink area.

What can I do about the "spider veins" that appeared on my skin following radiation treatment?

Red vessels (telangiectasia) commonly appear on the skin as result of radiation treatment, these do not fade on their own. If they appear in the mid chest area it can be especially difficult to hide if you want to wear a v-neck sweater, tank top or bathing suit. The pulsed dye laser is the gold standard for treatment of spider veins.

What can be done about the scars after breast surgery?

Red scars are common after any incision heals. Sometimes a scar is thick or raised as well as red in color. Scars from mastectomy or breast reconstruction can be improved by one or more modalities: injections, laser or energy based treatments to make redness and bumpiness of scars less noticeable. Some Infrared lasers can even make range of motion or tightness better if surgical scars have caused limited mobility, pain or tightness in the affected chest and arm area.

