

NF1 Skin Clinic

Neurofibromatosis type 1 (NF1) can cause lumps called neurofibromas to develop on the skin

Our staff understand the impact neurofibromas can have on the wellbeing and quality of life of a person with NF1. With this in mind, and with the generous funding from the Children’s Tumour Foundation of Australia, the NF Skin Clinic was set up at the Royal North Shore Hospital (RNSH) to treat patients from around the country.

The clinic provides individuals with NF1 skin concerns the opportunity to receive treatment of neurofibromas or issues of concern with the skin.

Our clinic is run by dermatologist Dr Rebecca Saunderson, who specialises in skin disorders and A/Professor Yemima Berman, a specialist in NF1.

Your Referral

Referrals are required from your doctor and should be made out to Associate Professor Yemima Berman.

To make an appointment please fax all referrals to (02) 9463 1057 or email to NSLHD-ClinicalGenetics@health.nsw.gov.au. We can also be contacted on (02) 9463 1727 to discuss your referral.

At Your Initial Appointment

You will be seen via telehealth or face to face by a skin doctor and a genetics doctor, who will have a look at your skin to see if there are any treatments that will work for you. If you are seen via telehealth, we will ask you to send photos of the areas of concern before the appointment.

We are also able to prescribe medications for skin concerns such as itch at the clinic.

Please keep in mind that not all skin concerns can be treated at the skin clinic. If treatment is not appropriate, you will be provided with information on how to best manage your skin concerns.

Generally, no treatment is given at the initial appointment.

If treatment is recommended, a treatment appointment will be made. Treatments may include:

- Removal of small neurofibromas with a laser or minor surgery (excision)
- Smoothing of the skin after treatment using laser
- Medications to treat health concerns such as itch

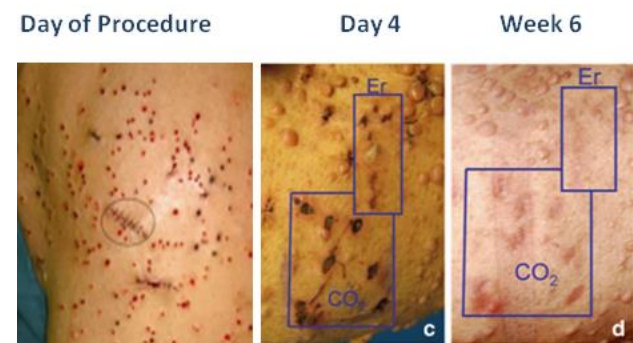
What to Expect from Treatment

Treatment length, number of visits and results are different from patient to patient. It is important that patients are realistic about the results and recovery period of laser treatment.

Laser treatment is best used for skin neurofibromas that are less than 1 cm in size. We also focus on the skin on the face/neck and areas frequently knocked and/or that bleed.

Not all treatment plans can be completed in one session and you may need a number of appointments over a period of time.

Before and After Photos



6 months after procedure ¹

¹ Kriechbaumer L.K., Susani M., & Kircher S.G., Distelmaier K., & Happak W. Comparative study of CO₂- and Er:YAG laser ablation of multiple cutaneous neurofibromas in von Recklinghausen’s disease. *Lasers Med Sci* (2014) 29:1083–1091