



LASER HAIR REMOVAL INFORMATION SHEET

How Does Laser Hair Removal Work?

Laser hair removal works by disabling hairs that are principally in the active growth phase. The laser is pulsed or “turned on” for only a fraction of a second. The light is absorbed by the pigment in the hair follicle and this energy is converted to heat which results in thermal damage of the hair follicle. This thermal damage causes destruction of the hair follicle.

Does It Really Work?

Compared with Electrolysis, Laser Hair Removal is 60 times faster, less painful and 40% more effective. A single laser treatment can reduce hair 10–40%, three to five treatments 30-70%, and six to eight treatments as much as 90%. Most patients see a significant reduction in the total number of hairs after three to five treatments. With additional treatments, fewer and fewer hairs return.

Does It Hurt?

You will feel a stinging or tingling sensation. Some areas of the body are more sensitive than others but most people tolerate the procedure well. The cooling device is designed to conduct heat away from the skin before, during and after each pulse. This decreases the surface temperature and prevents injury from heat. The cooling device also has a mild anesthetic property allowing tender areas to be treated in a less painful fashion.

How Many Treatments Will I Need?

Multiple treatments are typically necessary. In general, four to eight treatments are recommended. Treatments are given at intervals of four to six weeks. Most patients will require some maintenance treatments.

Are the Results Permanent?

Laser hair removal causes a **permanent reduction** of the treated hair follicles. In some patients this may last six to twelve months or even longer after several treatments. The hair that does re-grow usually is lighter and thinner in texture. Some patients achieve permanent reduction of hair in some areas after 2-3 treatments, but this should not be expected.

What Happens After Treatment?

Within several minutes the treated area may become slightly red and puffy. This reaction subsides quickly and within a day or so the areas return to normal. Most people return to their usual activities immediately following treatment. Approximately three to seven days following treatment, you may experience what appear to be hairs re-growing. Many of these hairs are being shed, however, and are not actually re-growing.

Do not wax or pluck hairs between treatments, shaving is acceptable for removal of the hair.

Who Is A Good Candidate?

The ideal candidate has dark hair that has not been plucked, waxed or treated with electrolysis or depilatories in the past 6 weeks. White, blonde, red and silver hairs do not respond to laser hair removal.

Who Is Not A Candidate?

- If you have blonde, grey, white, or red hair it will not work.
- If you have fever blisters you should be pretreated with antiviral medicine.
- Pregnant women cannot have laser treatments.