



## Laser Hair Removal

### What about your hair for Laser hair removal?

Excessive hair growth, or unusual hair growth patterns, is a common problem for many people. Factors such as genetics, endocrine systems, medications and ethnicity influence distribution and growth of hair. Abnormal hair growth is difficult to define. What may be an unbearable burden to one may be unnoticed by someone else. Underlying hormonal problems rarely cause excessive hair growth.

Hair growth cycles between active and resting stages. The growing cycle of body hair lasts only for a few months while as much as 30% of your hair is in the resting stage. This is why you will need a series of treatments.

Our Cutera CoolGlide® is the best laser hair removal system on the market for all skin types and tones, from light to dark. Its unique design, longer wavelength, and innovative cooling design, allow extremely effective, safe and permanent results.

### What is laser hair removal?

Laser hair removal is the non-invasive removal of unwanted facial and body hair with the assistance of a laser of intense pulsed light.

### What happens in the treatment?

The procedure is done in the office. When the pulse of light is delivered, some patients experience a mild pinching or stinging sensation. Comfort is achieved several ways. First, we apply cool gel to the skin. Then, our Cutera CoolGlide® tip is uniquely designed to cool and soothe the skin. Our Zimmer machine blows cool air onto the skin immediately following each pulse of light. The dark color of the hair (melanin) absorbs the laser light energy and deactivates the hair follicle's ability to grow.

### What should I do after treatment?

After the treatment, your skin will be sensitive, slightly red and possibly swollen. This reaction subsides within hours and your skin returns to normal. You may also experience a slight burning sensation of the skin, comparable with a sunburn. In most cases no special after care is necessary. If you wish, ice packs or a gentle soothing lotion, like Aloe Vera, may be applied to the area. On rare occasions, blistering and/or scabbing may occur. If these reactions occur, the healing will take longer and will require more intensive after care. Please call the office if this condition occurs.

Avoid sun exposure or tanning for at least 2 months after treatment. Exposure to the sun may cause temporary skin changes and "browning". A sunscreen with SPF 15 or higher should be applied.

### What should I notice over the next few weeks?

Within 2 or 3 weeks after the treatment you will notice 'regrowth' or stubble. Some of this is dead hair being expelled by the skin, and some is growing hair that will require additional treatments.

### Are multiple treatments required?

The laser only treats hairs that are in their active growth phase. The number of active follicles and their cycle time will vary with each area of the body. Follicles that are in a dormant phase (at least two-thirds) are not affected. Additional treatments are performed as hairs that were dormant become active and begin to grow. The number of sessions will vary with each patient and body area. It's important to realize that multiple treatments are certainly required. Usually

six treatments six weeks apart are required to achieve satisfactory results.

### **Is laser hair removal permanent?**

Unlike traditional methods such as shaving, plucking and waxing, laser hair removal is intended to provide long lasting or permanent reduction in hair. After the initial multiple treatments, occasional laser treatments may be required to remove sparse regrowth of hair.

### **How does laser hair removal work?**

The laser targets the pigment within the hair follicle (melanin), disabling the follicle. The laser is designed to selectively target the follicle without damaging the surrounding skin.

### **What areas are commonly treated?**

For women, the lip and chin are the most common areas, followed by the bikini line, legs and axilla (armpits). For men the back, shoulder and upper arms are the most popular areas. It is possible to treat most areas of the body.

### **How is laser hair removal performed?**

Laser hair removal is performed as an in office procedure. This procedure should be performed by a doctor or trained aesthetician. They personally evaluate each patient for hair color, texture, skin type and other medical factors prior to suggesting a laser hair removal program.

### **Are there risks associated with laser hair removal?**

As with any medical or surgical procedure there are risks. With laser hair removal they are minimal. At the time of your consultation, all potential risks will be discussed with you prior to your laser hair removal treatment.

### **Are there any pre-treatment restrictions?**

Suntan will make the laser treatment less effective and increase the chances for an adverse effect such as blisters or burning. Avoid sun bathing and tanning prior to the procedure. The follicle beneath the skin contains the melanin that the laser targets, so avoid waxing, plucking and electrolysis for several weeks prior to the procedure. Additionally, the laser can not be used in cases of active outbreaks of cold sores or Herpes Simplex virus.

### **How much does laser hair removal cost?**

Costs for laser hair removal vary depending upon the area of the body treated. Estimated costs can be quoted when you phone with your questions.