

All About Laser Hair Removal

Is Laser Hair Removal Safe?

Yes. Laser Hair Removal, when done by professionals and with appropriate equipment which is properly maintained is safe and effective. Many facilities use outdated equipment that is not safe and can cause blistering, burns and scarring. Our equipment is maintained and certified to be safe on ALL skin types, including type V and VI (dark mediterranean/indian, and african american). **Laser Hair Removal should not be performed on any woman who is pregnant, or on any person that is currently taking any medication that may cause photosensitivity such as Doxycycline, Tetracycline, or similar.** Laser Hair Removal should not be performed on someone who is using a self-tanning cream, because this can cause a streaky appearance on the skin -- this is not a permanent condition but can be quite unattractive. For people who have a tendency to experience fever or cold blisters we suggest Valtrex a few days prior to the treatment to prevent a blister breakout.

Does Laser Hair Removal work for everyone?

No. Lasers require a target (melanin) to disable the hair from growing. Our laser platform works on all skin types. Blond, gray or white hair does not contain enough melanin to allow for proper targeting by the laser. In some cases, darker shades of blond hair or light red hair can be treated, but may require more treatments than darker hair.

Is the Laser Hair Removal Treatment painful?

No. The treatment feels like a light rubber band snap on the skin. Our laser also has built-in cooling that pre-cools the skin prior to firing the laser which diminishes any discomfort you may feel. An SPF of 30 or higher should be applied to the treated area to prevent sunburn or sensitivity if exposed to the sun.

Does Laser Hair Removal permanently get rid of the hair?

Yes. It takes a series of treatments to permanently reduce the amount of hair and the density of the hair in the treated area because the laser can only treat the actively growing hair. On average, we see excellent results from 4 to 6 treatments. There are some medical conditions such as hormonal disorders that may cause the hair to regrow, and these conditions should be reviewed with a specialist. Regardless, even with such conditions, Laser Hair Removal can be used to slow down and control the hair growth.

What body areas can be treated with Laser Hair Removal?

Virtually all body areas can be treated with our Laser Hair Removal service. Our most popular treatments are for the women's bikini, underarms, upper lip, facial hair, and legs. For guys, our most popular areas are the back, shoulders, chest and stomach. Additionally, guys who suffer from razor bumps love the Laser Hair Removal service to reduce the density of the hair in the beard area which gets rid of the ingrown hair.

When should I schedule my Laser Hair Removal treatments?

You can start your treatments any time. The treatments are spaced about 6 to 10 weeks apart, and results are visible within the first few treatments.

Is Laser Hair Removal better than other methods of getting rid of hair?

Yes. Laser Hair Removal is permanent, and cost effective. Electrolysis is painful, expensive. Creams and plucking are not permanent, can cause infections, and require retreatment every couple of weeks.

Why lasers?

You may have noticed that if you wear a dark colored shirt on a sunny day, the shirt will get uncomfortably hot. That's because the sunlight is absorbed by the dark (pigmented) color. The pigment in the hair follicle absorbs the light of the laser, gets overheated and is destroyed.

How does it work?

There are 3 different stages in the life of hair, the growth phase (Anagen), the resting phase (Catagen) and the falling-out phase (Telogen). At any given time, about 85% of your hair is in the Anagen phase. These are the hairs that are affected by the laser. During the Anagen phase, the follicle (derma papilla) is closest to the skin. The laser can reach the follicle, causing it to heat up and destroy the hair.

How many treatments are needed?

Generally between six and eight treatments spaced six to eight weeks apart are necessary for full hair removal. Hair follicles that absorb the laser will never grow back, some follicles will go dormant and could reactivate with hormone changes or as we age, but these reactivated hairs will be lighter, finer, and less dense.

Why are multiple treatments needed?

6 to 8 treatments are needed because the hair is only in the Anagen phase can be affected by the laser. Time is needed for hairs in the Catagen and Telogen phase to move into the Anagen phase.

What should I do for the best results?

For the best results your hair should be considerably darker than your skin- that way the laser will be absorbed by the dark pigment of your hair follicle and will pass through the lighter pigment of the skin. People with darker skin or very light hair proves to be more difficult candidates for laser hair removal.

Additional Information:

Any changes in the medical history can affect the procedure. You should inform the technician performing the treatment of any new medication, or conditions before each treatment. Antibiotics can make your skin photo sensitive, and you may not be able to tolerate the pain and discomfort during the treatment. Tetracycline and Retin-A should be stopped for several weeks before any laser hair removal procedure and Accutane should be stopped for 12 months.

AVOID THESE THINGS 4-6 WEEKS PRIOR TO LASER TREATMENTS: THE HAIR FOLLICLE NEEDS TO BE PRESENT TO DESTROY IT!

- **Photosensitizing Medications**
- **Unshaven Hair**
- **Fake tanning products**
- **Tattoos or Permanent Makeup in the area**
- **Plucking/waxing 2 weeks prior or less**
- **Intentional sun exposure 2 weeks prior or less**
- **Retin A or hydroquinone 3 days prior or less**
- **Intramuscular gold therapy**
- **Glycolic/ Salicylic**
- **Mystic tans**
- **Tanning beds**
- **Tanning creams**
- **Sun Burn or Peeling Skin**

What to do the day of, or night before.

Make sure the entire area being treated for laser hair removal is shaven, we cannot have any outgrowth of the hair, this can result in the treatment being more painful and can increase the chance of burning or blistering of the area.

Any anti-biotics need to out of your system for at least **10** days PRIOR to laser hair removal. Many anti-biotics can cause sensitivity to light, make the skin more sensitive, therefore increasing the risk of burning, blistering, sensitivity or scarring of the area.

Any additional questions please call Alternative Medi-Spa at (630) 472-3075.