



Guide to Laser Hair Removal

What is laser/IPL hair removal best for?

Laser hair removal is most commonly used to eliminate unwanted:

- Neck and back hair
- Facial Hair
- Underarm and bikini hair
- Legs and Arms

Laser hair removal has become very effective over the past several years. It has now become the most effective, safe and preferred method for permanent hair reduction over traditional procedures such as waxing, plucking, shaving, and electrolysis for the the right candidates with the best combination of skin and hair color.

How does laser/IPL hair removal work?

The laser emits a beam of light at a very specific wavelength that is targeted and absorbed by melanin located in the hair and/or at the follicle growth center called the bulb which is located in the dermis layer of the skin. Melanin is the material that gives color to our hair and skin. The ideal candidate for this procedure is light skinned/dark hair people. The light beam is absorbed by dark objects, so light skin will not absorb the light energy and let it pass through to the dark hair causing a heat reaction and permanently destroying the hair follicle and bulb.

Why do I need a series of treatments?

At any given time, a certain percentage of hairs are in one of three growth cycle stages. Lasers are only effective in the final growth stage, when the melanin is at its fullest potential. Therefore, it takes an average of six treatments spaced four to six weeks apart to eliminate hair production in a given area.

Do treatments hurt? How long does a treatment take?

There may be mild discomfort during a treatment (similar to a slight rubber band snapping), but most clients tolerate it very easily. New image uses the Mattioli Pulse IPL system with an active cooling light guide for client comfort.

Treatment times will vary from just a few minutes to an hour depending on the treatment area size.

How many treatments will I need?

After three to six treatments initially, most clients report that their expectations have been met and the hair growth pattern is much, much improved. In some areas, in addition to the decrease in the number of hairs, any remaining hairs are very fine and light in color. No clinic should claim that all the hairs will be permanently eradicated. Expect to need more treatments if you have any history of irregular periods, polycystic disease, grey or white hairs, or a family history of excessive hair. About 5% of clients are resistant to any type of hair removal laser treatments. It is important to have realistic expectations regarding individual results for hair removal. *No hair removal system anywhere is "permanent"*.

Do I need to do anything special before treatments?

Below is a list of pre-visit instructions that should be strictly adhered to prior to each treatment.

1. **Do not tan.** Tanning of any type affects the absorption of light and is the most common cause of blistering or skin burning after laser hair removal. **Do not** use any type of self-tanners two weeks prior to treatments.
2. **No waxing, plucking, electrolysis, bleaching, or depilatories.** These should be performed at least two weeks prior to treatment. The hair must be present, a short stubble is most effective, and in its state of natural color for best efficiency.
3. Shaving is fine up until a few days prior to treatment
4. Remove all lotions or make-up prior to your visit.

5. If any antibiotics or new medications have been started, inform your clinician.
6. If treating bikini line, wear light colored panties because the laser light is absorbed by dark colors.

When is laser hair removal more difficult?

1. If you have hormonal abnormalities like irregular periods or polycystic ovaries
2. If your hair is blonde, grey or white
3. If you continue to expose yourself to tanning, tanning beds or self-tanners.