

Introduction

Excess hair can be due to an excessive amount of hormones, medication, or genetic predisposition. Laser assisted hair removal is an effective method for delaying but not totally eliminating hair growth and the darker the hair the more effective the result. Blonde, red, grey, white or silver hair do not respond to this laser

What to expect

The number of treatments required depends on hair cycle at body site. Everyone will require at least 2-3 treatments at 4-6 weekly intervals before the benefits can be assessed. Six full treatments are offered and then condition is reviewed.

Patients usually report that hair regrowth is slower, finer in texture, and less dense after laser treatment. Blonde hairs may be noted in the areas treated. Hair regrowth can occur more quickly in areas known to produce hair rapidly (chin and upper lip)

The laser has been described as feeling like a hot prickly sensation. Certain areas are more sensitive than others such as the upper lip.



Pre-treatment instructions

1. **Tanned skin cannot be treated**_Treatment will be deferred because of increased risk of scarring. Avoid sun exposure 4-6 weeks before and after treatment.
2. Avoid bleaching, waxing, tweezing or electrolysis 6 weeks prior to treatment or between laser sessions. Shaving or trimming/threading is permitted during your course of treatment only.
3. The area to be treated must not be cut or shaven for a few days before treatment if possible. A photo will be taken for follow up purposes prior to shaving on the day of treatment. Shaving will remove any overlying hair from absorbing energy and burning back onto the skin
4. If you have a history of cold sores (herpes simplex infection) please inform the laser nurse. Treatment will be deferred if a cold sore is present
5. This treatment is usually well tolerated using coolant and Aloe Vera gel. Local anesthetic cream may be used to treat small areas in exceptional cases at the discretion of the Laser team

Day of treatment

The skin needs to be clean, devoid of cosmetics and creams. When treating the upper lip, the teeth may be protected with saline soaked gauze. The gauze also serves to support the lip during treatment, allowing a surface to push against.

Safety considerations are important during the laser procedure. The patient and all personnel in the laser room will wear protective eyewear during the procedure to reduce the chance of damage to the eye.

There is a low risk of **complications** with this treatment however, the following may occur:

- Incomplete removal of hair
- Pigment /texture change or scar
- Inflammation of the hair follicle resulting in an acne like spot
- Rarely new hair growth may be noted at the edge of the area treated. This occurs in a minority of patients and usually responds to continued treatment
- Blistering / scabbing
- Cold sore activation

