

Laser Hair Removal

Frequently Asked Questions

How does the laser remove hair?

The laser emits a beam of light that is absorbed by the pigment in the hair follicle. The laser is pulsed, or turned on, for only a fraction of a second and is then absorbed by the hair follicles, stopping their growth, resulting in quick, safe and effective hair removal.

What is the advantage of using a laser over other methods?

The laser has three distinct advantages: comfort, speed, and accuracy. There are no needles involved, and so the risk of infection is greatly reduced. Unlike electrolysis, lasers allow for multiple hairs to be treated simultaneously, considerably increasing the efficiency of the hair removal process. Finally, the laser is an exact instrument that can be used to damage only the hair follicle without damaging the surrounding skin. You will see results that last far longer than tweezing, waxing, shaving, chemical depilation, or other temporary methods.

What is different about the Cynosure Apogee Elite™ Laser?

Two laser wavelengths, the Alexandrite and the Nd:YAG, have become the standards for laser hair removal. Each has been designed to optimize treatment for a different patient population. While most facilities use one or the other, the combination of the two wavelengths embodied by the Apogee Elite™, provides optimal hair removal across all skin types. In addition, the Smartcool™ Chiller numbs the treated area with air, eliminating the need for layers of messy freezing gels and creams.

What will happen after my first laser treatment?

After your initial treatment, you will notice a significant reduction in the amount of hair in the treated area. However, it will take 2-4 weeks for the treated hair to push its way to the surface and fall out. It is important not to pluck or wax between treatments, as this may change the growth phase of the follicle. With each subsequent treatment, the hair in the active growing phase will be effectively treated.

How much does laser hair removal cost?

The cost varies depending on the area treated. The larger the area, the greater the cost. Laser hair removal may seem expensive at first glance, however if you factor in the cost of other cosmetic alternatives and the time spent doing them, laser hair removal is a long term investment that will end up being significantly less expensive. Most of our clients consider the cost an investment in themselves !

What should I expect after laser treatment?

After your initial treatment, you should enjoy a significant reduction of hair. However, it will take 2-4 weeks for the treated hair to push its way to the surface and fall out. With each treatment, the hair in the active growing phase will be effectively treated. A follow up appointment is scheduled 4-8 weeks after each treatment. With that in mind, remember the importance of maintaining your follow up appointments.

What if I have gray, white, blonde, red or light fine hair?

Since the laser is attracted to the pigment in the hair follicle, these hair colors may not have enough pigment to be successfully treated with the laser. If this applies to you, we may want to try a test spot to see if your hair responds to the laser.

Laser Hair Removal Patient Information

- ☞ Each individual's treatment response is different; therefore, laser treatment results may vary and could range in number of treatments to achieve desired results or may be minimal or rarely not help at all. **Clinical results vary with different skin types, hair color, and treatment area.**
- ☞ **If you've had sun exposure or used a tanning bed** within a 2-day period with the 1064 nm YAG and 4 week prior, during and post treatment with the 755 nm Alexandrite there is a risk of possible pigment change or blistering.
- ☞ The procedure works on the growing hair follicles, not dormant hair. For this reason, **complete destruction of all hair follicles from any one treatment is unlikely**, and therefore multiple treatments are required at a regular scheduled interval to obtain significant, long-term reduction of hair growth.
- ☞ It may take up to 4 weeks for the treated hair to fall out after each treatment
- ☞ Other options for hair removal such as electrolysis, waxing & chemical preparations, each with their own unique risks and benefits
- ☞ There is a possibility of rare side effects such as scarring and permanent discoloration as well as short-term effects such as reddening, irritated raised rash, blistering, mild burning, swelling, bruising, numbing or temporary discoloration of the skin.
- ☞ If tattoos or permanent make-up are in the area to be treated, there is a possibility of blistering and lightening of the tattoo or permanent make-up.

Laser Hair Removal Pre Treatment Instructions

- ☞ **No plucking, waxing, depilatory or bleaching for a minimum of 2 weeks prior to your first treatment only.** We ask that you refrain from any plucking, waxing, depilatory or bleaching during the laser treatment process; these methods will interfere with the laser treatment and may result in requiring more treatments to achieve desired results. Shaving is permitted between laser treatments.
- ☞ **Please remove make-up, deodorants, and lotions in the treatment area** prior to treatment. Ladies: If you are treating your bikini area, please wear white underwear, because the laser is attracted to color.
- ☞ Shaving may not be required prior to your first treatment. Please call for further instructions.
- ☞ If you have fair skin and light hair we recommend no sun exposure if the 755 nm Alexandrite laser is being used. Recommendation is 4 weeks prior to, during and after the course of any laser treatment.
- ☞ **If you've started any antibiotics or any other medications that may make you photo sensitive, please let us know.** We may have to reschedule your appointment. Also notify the RN/Tech if there has been any change in your health status (new medications, heart condition, etc.).
- ☞ **Sun exposure and tanning beds should be avoided for several days' pre and post treatment** to avoid blistering. If self tanner is used, you should wait 2 weeks after application to avoid any discoloration. If sun exposure is unavoidable, use a minimum SPF 30 SUNSCREEN (UVA/UVB).
- ☞ **For maximum desired results, multiple treatments will be required at regular scheduled intervals.**

Laser Hair Removal Post Treatment Instructions

- ☞ **Care should be taken to prevent trauma to the treated area** for the first 2 or 3 days following treatment. Shaving should be avoided post treatment for 24 hours or until any sign of irritation has vanished. You may apply Vitamin E or Aloe Vera post treatment for a soothing effect.
- ☞ **A minimum SPF 30 Sunscreen (UVA/UVB) should be used for any sun exposure during your treatment.** Sun tanning and tanning beds should be avoided for 24 hours after any redness disappears following treatment of the 1064 nm YAG wavelength and 4 weeks prior and through out the course of treatments with the 755 nm Alexandrite wavelength.
- ☞ Avoid any strenuous workout, hot tubs and spas for 24 hours after treatment.
- ☞ **If the skin is broken or a blister appears, contact us.** Also, for further protection, keep the affected area covered and moist with vaseline and avoid direct sunlight while experiencing these symptoms. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.
- ☞ Cold packs or ibuprofen (Advil®) may be used to ease any temporary discomfort.
- ☞ Makeup can be applied as long as the skin is not broken.
- ☞ If you experience an irritated raised rash after treatment, diphenhydramine (Benadryl®) should help relieve the itchiness. Although rare, these symptoms may take up to a several months to subside. Also, avoid direct sunlight to the affected area while experiencing these symptoms.
- ☞ Patients who have been tested for epidermal reaction with a test spot can return in 72 hours for treatment.
- ☞ Hair may take **up to 4 weeks**, or in some cases, as little as a few days, to fall out following treatment.
- ☞ Follow-up subsequent treatments are based on the technician's recommendation, usually about 4-8 weeks following treatment.
- ☞ **If you have any questions or concerns, please be sure to call our office at 519.667.1212**