

# Information Regarding Hair Removal

## *Prior to Treatment:*

- Do not pluck, wax, use a depilatory or undergo electrolysis in the areas you wish to have treated for 6 weeks prior to laser hair removal.
- Do not tan the areas to be treated for 4 weeks prior to treatment.
- You can return to work and normal activities immediately.
- The LightSheer is safe and effective on all skin types, because it is absorbed by melanin, laser hair removal is most effective on dark hair. The laser energy is absorbed by the melanin pigments in the hair follicle and converted to heat. The heat injures of hair follicle preventing its ability to produce hair.
- Every patient is different as far as how many treatments will be required. In general, lighter skinned patients will require 6 treatments and darker skinned patients will require 6-8 treatments spaced 6-8 weeks apart to achieve satisfactory results. Our practice cannot promise that each patient will achieve any level of permanent hair reduction; however, on average most patients can expect to achieve 50-90% permanent reduction in the number of hairs following a full course of treatment.

## *Post Treatment:*

- Some redness and swelling in the area is normal after treatment and may feel similar to a sunburn. This should resolve within several hours to days after treatment.
- Gently clean the area twice daily with a mild cleanser.
- Avoid irritants (glycolics, retinoids etc.) for 5 days after treatment.
- Slight redness and swelling surrounding the hair follicles is normal and is actually an indicator of a good clinical response. Although irritating preparations should be avoided, make-up can be applied to the treated area shortly after treatment.
- Apply sunscreen for 6 weeks over treated area.
- Laser hair removal is typically very tolerable. On a scale of 1-10 most patients rate it a 3 or 4. The procedure is often likened to rubber band snap.