

Laser Hair Removal Information

At Contour Dermatology we pride ourselves in using the most efficient state of the art technology to treat specific patient concerns. Laser hair removal is a popular non-invasive treatment that has been proven to adequately remove hair from any unwanted area. We have provided laser hair removal to our patients for over 10 years. In our office we offer both the Gentlelase and Yag Lasers for laser hair reduction.

WHO IS THE BEST CANDIATE FOR THIS LASER?

The best candidate for laser hair removal would be a patient with DARK HAIR and LIGHT SKIN. This is the most effective patient because it gives the laser a much more focused target without any risk of targeting skin tissue. The laser does not work for light colored hair, blondes or white hair.

HOW DOES IT WORK?

Laser hair removal uses a low-energy laser to gently remove unwanted hair. The laser energy passes through the skin and is absorbed by the pigment in the hair follicle. In a fraction of a second, all of the treated hair follicles are disabled. Patients should avoid tweezing, plucking or waxing 4-6 weeks prior to appointment. It is advised to shave hairier areas 1 day prior and/or use depilatories 3-5 days prior to treatment.

WHICH AREAS CAN BE TREATED AND IS IT PERMANENT?

Although laser hair removal results will vary from patient to patient depending on skin and hair color; most patients experience an 80-90% reduction in the amount of hair in a given area, but should not expect to be hair free. Yes, with the exception of eyelashes, due to the proximity of the eye and the danger of eye injury with a laser.

HOW MANY TREATMENTS ARE NEEDED?

The number of sessions you need is dependent on a few factors. Some of these factors are hair color, skin pigmentation, hair density and your hormonal status. Typically patients can expect to need 5-6 sessions, with the possibility of needing more, especially for darker skin types.

DOES THE TREATMENT HURT AND ARE THERE ANY SIDE EFFECTS?

There is a stinging sensation felt during treatment, however most patients who have waxed report that it feels less painful than waxing. We do recommend and offer topical numbing to help ease the feeling, as well as a cooling device. Side effects can include blistering, hyperpigmentation (darkening of an area of skin caused by increased melanin), hypopigmentation (loss of skin color) or scarring.

PRE-TREATMENT INSTRUCTIONS

1. We do not need or want any hair above the skin during the treatment time. Shave the hair down to skin a day or few days before your treatment such that there is minimal growth at the time of treatment. This is necessary so that we see where there are hairs to treat while minimizing the amount of hair present above the skin.
2. No tanning may be done at any time before the treatment, or even after if you intend to continue with laser treatments.
3. The numbing cream must be applied one to one and a half hours before the treatment in order to be effective enough to decrease discomfort.