

Frequently asked questions about Laser hair removal

1. How many treatments will I need to attain satisfactory hair removal?

Most patients will require 3-5 light treatments to a specific area.

2. How frequent will treatments be performed?

Interval between treatments is based on the rate of hair growth in the specific treatment area. For example, hair progresses into a new growth stage every 6-8 weeks on the face but takes 10-12 weeks to enter a new growth stage in the underarms. The practitioner will review the recommended treatment frequency based on the desired treatment area.

3. How long will the effects last?

Scientific evidence shows that a certain percentage of the hairs will be gone permanently after each treatment so that after 3-5 treatments some patients will have complete hair removal. Some hairs that are not permanently destroyed may reappear after 3-12 months. This hair will usually be finer in texture and lighter in color. Individual patient results vary widely based on multiple factors.

4. What kind of anesthesia will I receive?

With the new LightSheer DUET, topical anesthetics are not necessary for most treatment areas. Many patients experience a transient “stinging” sensation during the treatments to the upper lip. To reduce this discomfort a compounded topical anesthetic is applied to the affected area starting 1½ hours before the treatment. The cream should be wiped off and reapplied every ½ hour prior to the procedure with a total of three applications. You can come to the office with the cream on or wipe it off at home.

5. How do I take care of the treated areas?

Immediately after treatment, ice compresses can be applied for 15-20 minutes. Aquaphor Healing Ointment can be applied 2-3 times a day to keep the area moist; this should not be applied in the first 24 hours after your treatment. A topical corticosteroid (e.g. Cortisone) may be applied for the first few days to hasten disappearance of redness. If scabbing occurs, Neosporin should be applied 3 times a day.

6. When can I use make-up?

Make-up and lotion can be applied after 24 hours.

7. How long do I have to avoid the sun?

Sun exposure is safe if no further treatments are planned. Sun protection is absolutely necessary before and in between laser treatments. Any degree of suntan will predispose to blister formation and pigmentary changes. We recommend that you avoid the sun and wear a broad brimmed hat. Sunscreen (SPF 15-30) should be used to sun exposed areas.

8. What are the possible risks of the procedure?

Fortunately, side effects are uncommon when qualified personnel perform the laser procedure. However, the following complications may occur. Darkening (hyperpigmentation) may occur, especially in patients with darker skin tones. In other patients, skin lightening (hypopigmentation) may occur. These changes in color usually tend to gradually fade away within 1-3 months. There is a small chance of scarring (less than 1%), appearing as either thickened or depressed areas. To minimize the chances of these possible risks, it is important to follow all pre-operative and post-operative instructions carefully.