

# Laser Hair Removal - Frequently Asked Questions

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“You may still have some questions and that’s understandable ... Below, I have listed many of the most common questions that I am asked and my answers to them.”

**Birgit Hall – *Innovative Body & Skin Rejuvenating Solutions***

## **What is laser?**

Laser is an intense beam of light energy, which at different wavelengths, targets different structures in the skin. Our new generation **Alexandrite Hair Removal Laser** targets the pigment in the hair follicle, destroying it without causing damage to the surrounding skin.

## **How many treatments does it take?**

The laser can only affect those follicles that have a hair in them. Only about one third of your follicles are growing at any given time. Therefore it will take multiple treatments to affect all the follicles. Most people require an average of six treatments. This does vary, and may take more.

Hair grows in a 3-phase cycle- it has a growing phase, a dormancy phase and a resting phase. Only hair that is in the growing (anagen) phase can be successfully removed with the laser. At any one time approximately 85% of hairs are in the anagen phase. This is why a series of treatments is required to get effective hair reduction.

## **What areas can you treat?**

The laser can be used almost anywhere. The main exception is the area under the eyebrow. Other than that, we’ve treated just about every part of the body. We strive to create an atmosphere that is casual yet professional where you can feel comfortable discussing your particular needs.

## **What are the side effects? Can I go about my normal day after treatment?**

In general, there is usually very little if any discomfort after the treatment. Clients are free to resume normal activities immediately. Tanning, however, is discouraged for the two weeks following treatment.

## **I’ve got dark skin. Do you treat dark skin tones?**

Once again, the dynamic cooling system makes it possible to treat darker skin tones safely.

## **What type of laser do we use?**

Candela's GenteLase (long pulse alexandrite laser). Currently this is the newest and fastest FDA approved laser for the treatment of unwanted hair.

### **How long does the treatment take?**

The time depends on the area treated. Below is a partial list of the average times needed.

Lip:	20	seconds
UnderArm:	5	minutes
Bikini:	5	minutes
Back:	10 – 30 minutes	

### **Does the treatment hurt?**

Our laser is equipped with a patented 'dynamic cooling device'. This emits a spray of refrigerant gas before the laser pulse to help minimize discomfort. It is described as a slight stinging, or feeling of heat. Some say it feels like a snap of an elastic band, while others experience a slight cooling sensation. It depends on the individual.

### **What preparation is needed before laser treatment?**

For laser therapy to be successful it is necessary to have some stubble present at the time of treatment. Waxing, plucking and bleaching should be avoided for at least several weeks prior to treatment. It is fine to trim or shave the hairs, but shaving should be avoided for about 3 days prior to treatment.

### **What will I look like after treatment?**

Generally some redness is expected and usually only lasts 10 mins to a couple of hours. At the time of treatment many of the hairs are burned off, and others are shed 1-2 weeks following treatment. In most instances you will be able to apply makeup immediately if you choose.

### **How do I get started?**

Call for your **free consultation** on **8361 3310**. Our dedicated staff will be happy to answer any further questions you may have. (Please remember not to bleach, wax or pluck the hairs prior to your visit.)

### **How much does it cost?**

Most cosmetic laser services are elective and are not covered by insurance. The costs for services vary depending upon the area required to cover. During your initial visit with us, we will review all costs and payment plans available at The Laser Centre.

### **How can I pay for my treatments?**

We accept Bankcard, MasterCard, Visa, personal cheques and cash.

### **Is it worth it compared to other methods of hair removal?**

This is a question which only you can answer. You must measure the importance of your time and appearance against what you are willing to invest. On balance, however, laser-assisted hair removal is the method of choice when looking at all the advantages and disadvantages of today's treatments. It is a state-of-the-art, non-invasive procedure which can treat large areas of hair growth in a relatively short period of time, with minimal discomfort; and we believe it will soon take the place of electrolysis as the most popular method of permanent hair reduction.

### **What about the guys? Is this treatment suitable for men?**

Absolutely. Today men from all walks of life – barristers, students, brick layers, pool attendants, mechanics, top professionals and even retired men all want the same thing that women do – waxing, manicures, pedicures and facials. The problem, however, has always been where to go. Our clinic has solved that problem.

### **What is the GentleLASE laser and why is it a safe treatment?**

Lasers have been used for many years for a variety of medical cosmetic procedures including treatment of facial and leg veins, age spots and rejuvenating the skin on the face. The GentleLASE System, a revolutionary long-pulse high energy alexandrite laser emits a gentle beam of light that passes through the skin to the hair follicle where it is absorbed. The laser energy is transformed into heat, which destroys the hair follicle leaving the surrounding skin unaffected. The skin is further protected during treatment by a **Dynamic Cooling Device** where cryogen is sprayed onto the skin cooling the upper layers and providing patients with increased comfort. The GentleLASE selectivity helps to protect the skin, while effectively treating the unwanted hair.

### **What conditions are treated with laser?**

Traditional hair removal techniques, such as shaving, plucking, waxing and depilatory creams provide only temporary relief. Until now, the only recognized way to remove hair permanently has been by electrolysis – which can be tedious, time-consuming and uncomfortable. The GentleLASE System safely removes unwanted body hair without damaging the delicate pores and structures of the skin. Facial and bikini areas are usually completed in less than ten minutes; legs, backs and larger areas can take longer.

### **What causes excess hair?**

Hair grows in cycles and many factors influence its growth. Age, ethnicity, medications, hormone levels, time of the year, and even body site all influence the length, coarseness, and colour of body hair. How much hair you see depends on how many hairs are in their active growth cycle and how long that cycle lasts.

During any one time, 90% of the hairs on your head will be in the active growth phase, and only 10% will be in the resting phase. For scalp hair the growth period can be as long as 7 years, while the resting period is only 2 – 4 months.

On the other hand, the hairs on your arms have an active growth of only 1-3 months before they revert to a resting phase. And at any one time, only 70% of those hairs may be growing. That is why the hair on your scalp can grow much longer than the hairs on other parts of your body.

### **Why must protective eyewear be worn by everyone in the treatment room?**

The GentleLASE is a high powered laser system, and the laser energy can cause eye injury if proper eyewear is not worn while it is in use.

### **What are the possible side effects?**

Side effects are uncommon. We will perform a test treatment to help identify the maximum safe energy level for each patient or treatment area, especially where there is some skin colour. The procedure is very safe. Immediately after the treatment there is usually some redness. This is similar to the appearance of skin after waxing, and should resolve within a few hours. In a minority of cases it may take up to twenty-four hours afterwards.

### **What is a “test area” and why is it performed?**

"Test areas" are small areas of skin that are treated at various laser energy levels prior to treatment of large surface areas on darker skin types. "Test areas" are done on darker skin types to determine the level of energy that is best for that individual.

### **Does my health insurance cover my treatment?**

Probably not. This is considered a cosmetic procedure, however if you have a hormonal disorder, check with your insurer as in some special circumstances you could be covered.

### **Which type of laser is the best for hair removal?**

There are many lasers being marketed today, and many of them will reduce hair growth. Our practice has tested all the types of laser in the current market and we believe our Alexandrite to be the best because:-

- It produces the best result with the least side effects of all the lasers tested.
- It's much less painful than other lasers.
- Its target depth is the same as the hair follicle so it is more effective at obliteration of the unwanted hair.
- The large hand piece delivers the treatment to an area 5 X the size of most other lasers which means faster treatment and lower cost to the patient.

The computerized delivery system helps to ensure safe and effective treatment.

**HURRY! Only 100 FREE Consultations are being offered at this time. Each consultation takes at least 30 minutes to complete. So we simply can't make this offer stand forever. Avoid disappointed. Call now on 8361 3310 and book your FREE appointment today.**

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***AFTER BUS STOP 10, CNR OF BAKEWELL Rd & PORTRUSH RD EVANDALE  
PARKING AT THE BACK***

