



SUITE 202, 156 MILITARY ROAD
NEUTRAL BAY 2089 AUSTRALIA
PHONE: (02) 9953 9522
FAX: (02) 9953 7750

Email: rec@cosmeticlaser.com.au
<http://www.cosmeticlaser.com.au>

Dr. James Walter
M.B., B.S.(SYD.), B.Sc., F.A.C.D.
**Dermatologic Surgeon &
Laser Specialist**
In Association with
Dr. Marianne Nolan
Dr. Claire Laister
Sr Kerrie Bailey
Leonie Walter R.N

LASER ASSISTED HAIR REMOVAL

INTRODUCTION

Unwanted facial and body hair is a problem for many people. This may result from heredity, hormonal changes, or drug therapy. Laser assisted hair removal offers safe, non-invasive removal of unwanted hair with minimal discomfort. This provides a long term alternative to waxing, shaving, depilatory creams and electrolysis.

No technology can promise complete permanent hair removal, but laser treatment can offer long term hair reduction. How long term the treatment lasts varies with each person. The majority of patients achieve a 70% or greater reduction in unwanted hair. There are a minority of patients however, who do not respond as well and require retreating. Furthermore, there is an extremely small percentage of patients (3-5%) who, for some unknown reason, are only very minimally responsive to hair removal lasers.

This practice uses the Alexandrite LPIR (long pulse infra-red laser) and also the Altus (Q-switched Nd:YAG) laser. Both of these represent the latest technology in hair removal lasers. These lasers target the pigment in the hair follicle while leaving the surrounding skin structures unharmed. The process works best in patients who have dark hair colour and fairly light skin pigmentation, but is also effective in darker skinned people.

The laser targets hairs in their active growth stage (anagen). At any one time, only a certain percentage of hair follicles are in their growth phase, the amount depending on the area of the body.

Hence, a number of treatments (usually between four and eight treatments) approximately six to eight weeks apart will be required for a pleasing cosmetic result.

HAIR REMOVAL SITES

Suitable sites include:

Upper lip or moustache, beard, jaw or neck, underarms, whole leg, bikini line, arms, chest, back and hands.

ARE THERE ANY SIDE EFFECTS OF TREATMENT?

Side effects are extremely rare, and will be discussed with you prior to treatment. We pride ourselves on being the '**Safest Laser Clinic with the Best Results**'. Our clinic has an outstanding safety record, so you know you are receiving the best treatment.

BEFORE THE TREATMENT

1. Avoid sun exposure and tanning beds for one month prior to treatment and throughout the course of treatment. If a tan is present it is recommended to delay the treatment for three to four weeks.
2. Waxing, tweezing or electrolysis is to be avoided for one month prior to the treatment or 2 weeks prior to facial hair treatment.

3. Shave the area to be treated one to three days prior to treatment.
4. Do not wear make-up on the day of treatment.
5. Depending on your skin type a test patch may be required prior to commencement of treatment.
6. No anaesthetic is usually required – for sensitive areas, local anaesthetic cream can be applied prior to treatment.
7. Avoid the use of fake tanning preparations two weeks prior to treatment.

AFTER THE TREATMENT

1. Avoid all sun exposure for six weeks after the final treatment. Use a broad spectrum 30+ sunscreen containing titanium dioxide whenever the area is exposed to the sun. After your face has been treated please wear a hat when in the sun.
2. There may be some redness and swelling after the treatment. Vaseline or aloe vera gel can be applied to the area post-treatment for a soothing effect.
3. If the area becomes crusty, ointment or vaseline should be applied twice daily to keep the area moist. The crust should be allowed to fall off naturally. **DO NOT PICK.**
4. If there is any indication of infection please contact the practice.
5. If the area blisters (very uncommon), antibiotic ointment should be applied twice daily and the area treated with extreme care. Please contact the clinic if this occurs.
6. You can bathe as usual after treatment. The area treated should not be rubbed with a face cloth or towel. The area should be gently patted dry.
7. Do not shave or wax the area if crusting is present.
8. Make-up can be applied post treatment if desired. Extreme caution should be used when applying or removing make-up. Treated areas are very delicate and care should be taken to avoid injury. Make-up applied or removed roughly can expose the treated area increasing the chance of infection and scarring.
9. Swimming, sports and strenuous exercise should be avoided for 24 hours following the laser treatment.
10. The laser is destroying follicles beneath the skin to prevent further growth. Some hairs may fall out after treatment, however a number of treatments will be necessary before the full benefit is apparent. You may notice that the hair appears to grow one to two weeks after treatment. This is in fact the body pushing out the hair once the follicle has been damaged by the laser light. It may take up to two weeks for the hair to fall out. Please follow all before and after treatment instructions for the best possible result.

If the before and after-treatment instructions are followed a good result should be achieved.

**Benefits include a reduction in unwanted hair.
Especially beneficial for underarms and bikini lines!**