

# Laser Hair Removal



Laser hair removal is a cosmetic procedure that uses intense, pulsating beams of light to remove unwanted hair from virtually any part of your body, i.e., the face including the upper lip, underarm, bikini line, leg, arm, back and other areas. It is most effective for people with light skin and dark hair and typically requires multiple sessions for an extended hair-free period.

**AD** ALBANY.  
DERMATOLOGY

COSMETIC

ESTHETIC

MEDICAL

SURGICAL

## **HOW IT WORKS:**

The laser selectively targets dark hairs while leaving the surrounding skin unaffected. Each pulse of the laser takes a fraction of a second and treats multiple hairs. Small areas such as the upper lip can be treated in less than a minute; large areas like the back or legs may take up to an hour. Since hair grows in several phases and a laser only affects the active growing hair follicles, several sessions are needed to treat hair in all phases of growth.

## **TREATMENT CONSIDERATIONS:**

- For 6 weeks prior, avoid plucking, waxing, and electrolysis. You may shave, since this only removes hair above the skin. Avoid sun exposure and self-tanners for at least 2 weeks pre and post treatment. The area to be treated should be free of make-up, perfumes, lotions, creams, and/or antiperspirants. Tell us of medications you are taking or have taken over the past 6 months that increase sensitivity to light, i.e., antibiotic and antifungal medications and Accutane (isotretinoin).
- For maximum results, the area to be treated should be shaved the day or night before. The laser equipment will be adjusted for the color, thickness, and location of the hair and your skin color. You and the provider will wear appropriate eye protection. A test pulse is done and observed to confirm the settings before proceeding.
- Immediately following treatment, you will be given cold compresses to ease discomfort. Post treatment, you may use aloe vera gel or a topical anesthetic cream such as lidocaine. A cooling lotion such as Biafine may also be prescribed.

## **WILL IT HURT?**

With each pulse of light there is a stinging sensation as the hair heats up, described as a rubber band snapping your skin. The discomfort is proportional to the amount of hair in the area. To minimize discomfort, a special cooling device is built within the laser head. A cooling gel is applied to the skin before treatment and the tip of the laser is also chilled just before each light beam. Cold compresses are also used to cool the skin following treatment.

## **WHAT IS THE BENEFIT DURATION?**

Laser hair removal reduces hair growth but does not guarantee permanent hair removal. Multiple treatments about 4-6 weeks apart will be needed for an extended hair-free period. The number of treatments depends on the size of the target area, skin tone and hair density. Periodic maintenance treatments may be needed as well. Maintenance sessions will become less and less frequent as time passes.

**CALL THE OFFICE TODAY FOR A CONSULTATION**

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caring for the skin you're in!

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