



Laser Hair Removal

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- Board Certified ophthalmologist
- Subspecialty training in plastics and reconstruction
- Clinical faculty at Stanford University
- Two decades of laser experience
- Luminary expert for the Lumenis laser company maker of the Lightsheer



Laser Hair Removal



- Lumenis lightsheer is a state-of-the art hair removal device
- Provides more robust hair removal than other machines you may have encountered at a spa.
- FDA approved
- Three or more sessions are required to inhibit hair growth



Setting the Standard for Laser Hair Removal

- The LightSheer Diode Laser System offers high powers and both short and very long (400 ms) pulses to safely
- Effectively treat all skin types including tanned skin and the broadest range of hair colors, diameters and depths..
- 2 Hz repetition rate

How Laser Hair Removal Works.....



- LightSheer Diode Laser emits near-infra-red laser light that is selectively absorbed by the pigmented hair follicle
- The Chill Tip and cooling gel improve your comfort during the procedure

You are Not a candidate for Laser Hair Removal if have:

- Hypertrophic **scars or keloids**
- **Poor wound healing** due to diabetes or other condition
- **Autoimmune disease** of the skin such as viteligo, scleraderma etc.
- Have tattoo or **permanent makeup** in the area to be treated



You Are Not a Candidate for Laser Hair removal if:

- If you have darker skin, the laser can cause a burn so a test spot needs to be done
- Your hair is white, gray or blonde (it's invisible to the laser)



Pre-Treatment Instructions

- Shave immediately prior to coming to your appointment
- Do not apply lotion or make up to the area to be treated





Pre-Treatment Instructions

- Don't pluck or wax for at least 3 weeks prior to treatment
- Don't using tanning bed or have direct prolonged sun exposure for at least 3 weeks prior to treatment

Pre-Treatment Instructions



- **Take Valtrex** 500 mg – one twice daily for two days prior to treatment, the day of treatment and for two days afterwards.
- Why ? **we all have herpes** in our spinal cord
- You will have a **tender scab** that will last a week or more and **may scar**

What is a Test Patch ?

- If you have olive skin or darker you should have a test patch performed – the laser is set at a lower setting and one or two spots applied to see how you react
- If you burn you are not a candidate for laser hair removal





What Does it Feel Like ?

- **IT HURTS !**
- Consider upgrading to a 15 minute numbing appointment for \$100
- The warm rubber band snapping sensation is most pronounced when treating the upper lip and underarms.

What to Expect

- Redness and mild swelling
- Brown spots that are the exploded hair follicle on the surface of the skin
- Hives



Typical Response

Red background with brown spots



Excellent
Response:
Hair follicles
bursts out
Onto skin surface





Possible Outcomes

- Prolonged pain
- Burn (blister or scab)
- Hypopigmentation 🗨️ (white spot)
- Hyperpigmentation (brown spot)
- Failure to inhibit hair growth

Suboptimal Healing



Post Treatment Care



- Do not use washcloth or buff puff
- Don't pick at the brown spots (ie "exploded hair") let them fall off on their own
- Use hydrocortisone topically and benedryl orally if you develop hives



Post Treatment Care

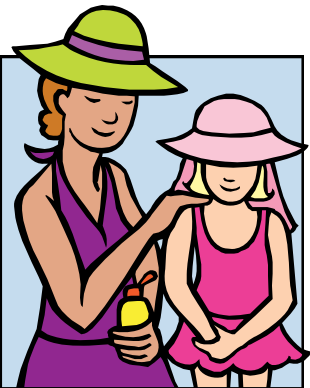
- Ongoing pain
- ICE – ICE – ICE as much as possible
- If burn forms you will need a prescription for silvadeen



Post Treatment Care



- Hyperpigmentation
 - Hydroquinone twice daily
 - Sunscreen lotion with at least 50 block each am
 - Micronized zinc brush every two hours
 - iS Clinical brush can be purchased at www.yourskinspace.com



your**skin**space.com



Post Treatment Care



- Persistent redness
- Avoid the sun
- Anti-inflammation toner (available at www.yourskinspace.com)
- Cetaphil lotion for atopic skin (over-the-counter at any drug store)
- Medrol dose pack (mild oral steroid)



For Your Next Treatments

- Make the second and third appointments for 10 weeks and 20 weeks from today
- If you have redness or swelling consider purchasing arnica forte and using two days prior to your next treatment (available at www.yourskinspace.com)

Questions ?



- Email: concierge@yourskinspace.com
- For more info: www.CockerhamMD.com
- For skin RX: www.yourskinspace.com