

# Laser Hair Removal

## What is laser used for and what areas can be treated?

We use the Cynosure Elite Plus which is a medical grade laser used to permanently reduce unwanted hair.

Common areas that are treated include top lip, chin, neck, underarms, bikini, legs, back and shoulders, chest, arms, abdomen, beard line, bottom.

Consultations and patch tests are free and required before treatment.

## What happens during treatment and is it painful?

Following a consultation and patch test the area to be treated is cleansed and marked out, it is recommended to shave the area before the appointment, but any stray hairs will be removed before the area is treated.

The laser pulse is often described as a wave of heat with the sensation of a pinprick. A cooling machine is attached to the laser that blows cold air onto the skin to keeping it cool during treatment.

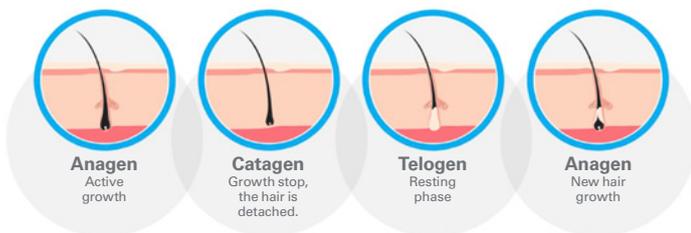
Treatments are very quick an underarm treatment for example can take around 15 mins from start to finish.

## How does the laser work?

The laser uses light to create heat and the light is absorbed by colour. The colour in the hair sitting in the hair follicle heats up the bulb damaging it and preventing it from growing hair. This is done without damaging surrounding tissue.

The hairs in the anagen phase are treated whilst the hairs in the catagen phase and telogen phase will not be treated. For a successful treatment the hair follicles all need to be treated whilst they are in the anagen phase meaning the sessions all need to take place over a number of months.

### Different stages of hair growth cycle:



## When will I see a result?

The treated hairs can take 14-21 days to exfoliate and may appear to be growing during this time. It is normal for hairs to be visible in the follicles before slowly coming away over the coming weeks.

6-8 sessions 4-6 weeks apart are recommended to ensure that all hair follicles are treated in their growth phase.

## Is it safe?

The Cynosure Laser is proven in studies to be very safe, the staff at Skin by Sarah are highly trained. The laser is suitable for all skin types.

## Is there anything I need to do or not do before my treatment?

Avoid sun exposure, tanning beds, sunless tanning lotions or creams at least 6 weeks before treatment, this causes risk of blistering to the skin.

The area can be shaved 24 hours before treatment but no waxing, threading or epilating as there will be no hair there to treat with the laser.

## What are the possible side effects?

- Slight redness and swelling may be seen for 24-48 hours. This is normal and is a sign of successful treatment.
- Although rare other side effects can occur including burns, blisters, pustules, scabbing, hypopigmentation, hyperpigmentation and scarring

## What after care should I follow?

Its really important to care for your after care following a treatment to ensure your results are as effective as possible and reduce the likelihood of complications. At Skin by Sarah we are passionate about delivering great results and committed to safety we are always happy to help with aftercare and advise the following:

- Avoid sun exposure for 6 weeks always apply SPF 30 or above
- Avoid heat treatments such as steam rooms, saunas for 7 days.
- Avoid excessive scrubbing or applying pressure to the skin 4-5 days after.
- Avoid shaving 72 hours after treatment.
- Avoid exercising at least 48 hours
- Avoid hot baths/showers 48 hours
- Avoid swimming for 48 hours (chlorine)