



## LASER HAIR REDUCTION

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### How does it work?

The laser delivers a beam of a high-intensity light that penetrates deep into the skin tissue where it releases a controlled amount of therapeutic heat. The laser targets the pigment in the hair follicles to destroy them during various cycles of hair growth, which then in turn reduces the amount of unwanted hair. Hair without adequate pigment (such as white, blonde, or gray hair) does not respond to laser treatment.

### How do I prepare for treatment?

For best results, avoid plucking, electrolysis, or waxing for six weeks prior to treatment. Hair in the treatment area should be completely removed by shaving prior to each treatment.

### How many treatments are needed for maximal results?

For optimal results, six treatments are recommended with 1-month intervals between each treatment.

### How long does it take to see results?

A decrease in the amount of unwanted hair may be noted after the first treatment, but most patients need at least 4-6 treatments to see improvement.

### How long do results last?

At best, laser hair reduction can only reduce the amount of unwanted hair by 80%. Because all of the hair cannot be eliminated, maintenance treatments every 6 to 12 months may be necessary.

### Is it painful?

Some patients may note slight discomfort described as the snapping of a rubber band on the skin. The level of discomfort varies depending on the area being treated and on the density and thickness of the hair.

### Is there any downtime afterwards?

There is typically no downtime. Side effects may include tenderness, redness, blistering, discoloration or swelling in the treated area, usually not lasting more than a few days. Permanent side effects such as pigment changes or scarring are rare, but can occur. Sun exposure should be avoided after treatment.

### Who cannot have this procedure?

Pregnant patients or patients who have taken accutane in the past year should not be treated.