

skinworth

skin & laser clinic

Hair Removal Information

Optimal Hair Conditions for a Hair Removal Treatment

- Hair removal will bring *optimal efficacy on coarse pigmented hair* where a maximum permanent hair reduction of up to 80-90% can be obtained.
- The hair reduction rate will depend on the body location and on the hair texture.
- The treatment *only treats the effects of pilosity (the quality or state of being hairy)* but not the root cause.
- The influence of hormonal changes for instance could interfere with the growth cycle and simulates follicles in a dormant stage.
- Dormant Hair Follicles could be stimulated by intense heat / cold related trauma or treatments.
- The intake of certain medication / supplementation can also contribute to hair growth such as folic acids, biotin, and / or collagen powders.
- The hair reduction will be temporarily; impermanent on white and/or vellus / peach-fuzz hair (this is short, fine, light-coloured, and barely noticeable thin hair, that develops on most of a person's body during childhood) that would be lighter than the colour of the skin.
- Hormonal fluctuations such as Puberty / Polycystic Ovarian Syndrome / Menopause etc, can result in more than normal recommended sessions due to hormonal stimulation factors.

Number of Sessions

- The hair cycle is complex and varies from one body location to another.
- The number of sessions depends on the skin type and the nature of the hair (colour and thickness).
- *On average, one treatment area will require at least 6 to 12 sessions (sometimes more, sometimes less) A reduction of 7 – 10% can be observed with each session.*
- The regrowth time needed for remaining hair becomes longer from session to session and the remaining hair turns thinner.
- I understand that consecutive session is required for optimal results booked as per the below suggested intervals, not following the suggested interval sessions and / or recommended sessions will not give optimal results.

Interval in-between Sessions

Only growing and mature hair can be effectively treated. For the first 2 to 3 sessions, observe a minimum interval time between two consecutive sessions of:

- 4 – 6 weeks for face, bikini and axillae areas (small areas)
- 6 – 8 weeks for legs, arms, back and torso areas (big areas)



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Care and Recommended Guidelines

Prior the Session - Skin Preparation

- For an optimally effective and safe treatment, sun exposure is to be stopped at least 3-4 weeks prior to session. One month before the session, apply high SPF sun block to areas exposed to the sun at least twice daily.
- *The area to be treated should be ideally shaved the day before the treatment session. If not, it will be shaved on the same day which can cause extensive skin sensitivity.*
- If shaving is not tolerated on facial areas for instance curved scissors could be used.
- It is very important not to wax, to trim or pluck the hair out with any other means different from shavers or depilatory creams at least 3 weeks prior to the session, since it could interfere with the hair cycle.
- The use of bleaching creams is to be stopped at least 3 weeks prior to the session.

During the Session

- You will be asked to wear special goggles to protect your eyes. Never look directly into the handpiece.
- During the session, you will feel a warm prickling sensation.

After the Session

- **In the week following the session, you will experience a phenomenon like “regrowth” or “shedding” period, where the targeted hair shaft inside the follicle sheds after the initial treatment.**
- Avoid intense heat on the treatment area for at least 12-24hrs this includes hot showers, baths, saunas, or excessive sweating / exercising.
- If you experience any skin irritation / sensitivity, use a calming soothing water base product, or antihistamine cream, and alternate with cool cold compress on the treatment area. Avoid scratching as this could lead to undesired hyperpigmentation.
- Not observing the guidelines especially related to sun exposure may lead to a transient but long-lasting hypo/hyperpigmentation that may last on the average 3 months.

Treatment Related Adverse Effects

- Heating sensation or pain – Patient may experience a heating sensation during or just following the treatment, however, such pain is transient and usually resolves after a few minutes.
- Perifollicular oedema
- Erythema –Transient redness in the treated area is expected and should disappear within 24 hours.
- Hyper or Hypo-pigmentation - usually mild and transient
- Crusting / Burns / Blistering – epidermal over heating may lead to superficial burns.

