

## **Frequently Asked Questions About Laser Hair Removal**

### **1. What is laser hair removal?**

Laser hair removal is an effective advance over traditional methods of hair removal. We use the LightSheer Diode Laser, which delivers a special light absorbed by the hair follicle. The light creates heat which results in destruction of the hair follicle. The laser's chilled tip, cools the skin before, during and after the treatment to minimize discomfort and protect the skin.

### **2. Is it safe?**

Yes. Laser light is a non-ionizing energy which is not absorbed into the body.

### **3. Is it permanent?**

The FDA has approved laser for permanent hair reduction. Laser treatments will significantly decrease the amount of hair, and possibly completely remove it, but fine, baby hair may remain.

### **4. Who does the procedures?**

All of our clinicians are trained medical professionals. We employ only certified RNs, NPs and MDs to operate our equipment.

### **5. How many treatments will I need?**

Most people will require an average of 4-6 treatments for a specific area. Results are individual; some people require more than 6. Laser hair removal is most effective when hair follicles are in the active phase of growth. However, not all hairs grow at the same time, this is why multiple treatments are necessary.

### **6. What is the duration between treatments?**

Treatments will be spaced approximately 5-6 weeks apart. This allows for regrowth.

### **7. Will it hurt?**

Most patients describe the sensation as being like that caused by a 'snapped rubber band'. This is transient. To reduce discomfort, we recommend a topical anesthetic applied 1.5 hours prior to your procedure. This significantly reduces any discomfort.

### **8. How long do I avoid the sun?**

Avoid sun exposure for 4 weeks after your treatment. If further treatments are necessary, you must commit to staying out of the sun. If you choose to go in the sun, please wear protective clothing and sunscreen. We recommend SPF 45 or greater.