



INNOVATIVE
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Laser Hair Removal

(Long-term reduction of unwanted hair with precise laser technology)

What Is Laser Hair Removal?

Laser hair removal uses focused light energy to target pigment in the hair follicle, damaging the follicle so it produces **less hair over time**. It's a popular option for people who want to reduce shaving, waxing, and ingrown hairs.

Laser hair removal provides **long-term hair reduction** (not instant or permanent hair removal), with smoother skin after a series of treatments.



What Areas Can Be Treated?

Common treatment areas include:

- Face (upper lip, chin, cheeks)
- Underarms
- Arms
- Legs
- Bikini / Brazilian
- Chest and abdomen
- Back and shoulders

Your provider will confirm whether laser hair removal is appropriate for your skin tone, hair color, and treatment area.

How Laser Hair Removal Works (Simple Explanation)

- The laser targets **melanin (pigment)** in the hair
 - Heat damages the hair follicle
 - Hair grows in cycles, so only hairs in the **active growth phase** respond
 - Multiple treatments are needed to catch hairs in different growth cycles
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What to Expect During Treatment

Laser hair removal is performed **in the office** and typically takes **5–45 minutes**, depending on the area.

During treatment:

1. The area is cleansed and shaved if needed
2. Protective eyewear is provided
3. Laser pulses are delivered to the skin
4. Cooling technology helps protect the skin

Patients often describe the sensation as a **quick snap or warm pinch**. Most treatments are well tolerated without numbing.

When Will I See Results?

- Treated hairs often shed over **1–3 weeks**
- Hair grows back **finer and lighter**
- Best results occur after a **series of treatments** (commonly 6–8 sessions)

Treatments are usually spaced **4–8 weeks apart**, depending on the area.

Pre-Op Instructions (Before Laser Hair Removal)

2–4 weeks before treatment

- **Avoid sun exposure and tanning** (including self-tanner)
- Use **broad-spectrum sunscreen** daily
- Do not wax, pluck, or use depilatory creams (shaving is allowed)

1 week before

- Stop using **retinoids, exfoliating acids, and harsh scrubs** in the treatment area (unless instructed otherwise)

Day of treatment

- Shave the area **24 hours before** (unless instructed otherwise)
 - Arrive with **clean skin** (no makeup, lotion, deodorant, or sunscreen on the area)
 - Tell us if you:
 - Are pregnant or breastfeeding
 - Have active skin infection, rash, or open wounds
 - Take medications that increase sun sensitivity
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Post-Op Instructions (After Laser Hair Removal)

What's normal

- Mild redness or swelling around hair follicles (often resolves in hours to 1–2 days)
- A sunburn-like warmth
- Temporary sensitivity

Aftercare

- Apply cool compresses if needed
- Use gentle cleanser and moisturizer
- Avoid hot showers, saunas, and strenuous exercise for **24–48 hours**
- Avoid sun exposure and tanning
- **Daily sunscreen** is essential between treatments

Avoid

- Waxing, plucking, or threading between treatments
- Scrubbing or exfoliating until skin has calmed

Call the office if

- You develop blistering, crusting, or increasing pain
 - You notice signs of infection (spreading redness, pus, fever)
 - Skin darkening or lightening occurs and worsens
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Who Is a Good Candidate?

Laser hair removal works best for:

- Dark hair with lighter skin (though newer lasers can safely treat a wider range of skin tones)
- Patients who can avoid sun exposure before and after treatment
- People seeking long-term hair reduction rather than temporary removal

It may be less effective for:

- Very light blond, white, or gray hair
- Recently tanned skin

Your provider will assess your individual skin and hair type.

Laser Hair Removal FAQ

Is laser hair removal permanent?

It provides **long-term hair reduction**. Some hair may regrow over time, but it is typically finer and lighter. Maintenance treatments may be needed.

How many treatments will I need?

Most patients need **6–8 treatments**, sometimes more depending on hair thickness, area, and hormones.

Does laser hair removal hurt?

Discomfort is usually brief and mild. Cooling systems help reduce sensation.

Can I shave between sessions?

Yes—shaving is encouraged. Avoid waxing or plucking.

Is laser hair removal safe for all skin tones?

Many modern lasers safely treat a range of skin tones. Your provider will select settings appropriate for your skin type.

Can laser hair removal cause dark marks?

Post-inflammatory hyperpigmentation (PIH) is uncommon but can occur, especially with sun exposure or improper aftercare. Following instructions helps reduce risk.

Is laser hair removal covered by insurance?

Laser hair removal is typically considered **cosmetic** and not covered by insurance.
