

DERMALASER

Medical Skin & Laser Clinic

CANDELA ALEXANDRITE LASER and Nd:YAG LASER HAIR REMOVAL

Candela Gentle Max Pro

The Alexandrite Laser and Nd:YAG Laser is regarded by the United States Food and Drug Administration (FDA) together with Dermatologists worldwide, as the Gold Standard for laser hair removal. It is well-known for its powerful performance and is considered safe, fast and effective for removal of dark in men and women of all skin types.

Gentle laser light emits a beam that passes through the skin where it is absorbed by melanin (colour) in the hair follicle or haemoglobin in the blood. The laser energy is transformed into heat which disables the follicle and it does not grow back once it is destroyed.

We invite you to come in for a free consultation and assessment by our laser therapists before commencement of any treatment. They will assess if you are a good candidate for laser hair removal and a patch test may also be done to ensure that your hair responds well and that the surrounding skin is not compromised.

CLINICAL INDICATIONS

Any unwanted dark hair in all skin types on the face an/or whole body.

Please note: Fair, red or grey hair cannot be treated.

QUESTIONS & ANSWERS

How safe is laser hair removal?

This laser has been developed in conjunction with some of the world's leading authorities on the use of laser for medical applications. By using the principle of Selective Photothermolysis the hair removal laser selects the most effective treatment parameters – matching pulse width to the size and location of the hair follicle, destroying the dark root hair without damaging the surrounding skin.

The Alexandrite Nd:YAG Laser is safer for darker skin types as it lowers the risk of hyperpigmentation and hypopigmentation in Fitzpatrick Skin Types IV, V, VI which is the skin more associated with dark pigment.

Dermalaser follows laser safety guidelines as set out by the American Society for Laser Medicine and Surgery. The FDA has approved our lasers for safe and effective hair removal and treatments can be customised to each person's individual skin type thereby minimising any potential risks. Treatments are also safe provided the area has not been exposed to the sun for four to six weeks prior to your appointment. If you are tanned our laser therapists cannot treat you.

How do I know if I am a good candidate for laser hair removal?

It is always a good idea to make an appointment for a free assessment with one of our laser therapists. The best candidates are anyone with dark hair and because dark hair is so noticeable it can be a worry to many people and this is usually the reason people seek this type of treatment. Laser hair removal cannot treat fair, red or grey hair. If you are considering a course of laser hair removal it is best to have the treatment done in they years when hair is dark and before it turns grey.

How painful is the treatment?

By using a cooling machine prior to the laser treatment, the skin (epidermis) is cooled making the treatment far more comfortable. Most patients describe the treatment as a series of slight pin pricks but the treatment is usually tolerated without requiring any local anaesthetic cream. Depending on the skin types the treated area may become red and last for a few hours to one day post treatment.

What areas can be treated?

Most areas of the body can be treated. The eyelid must be treated with caution, due to sensitivity of the eyes to laser light. Areas covered with a tattoo or permanent make up should be avoided.

How many treatments will be necessary?

To remove the hair you will require a course of treatments. This is because hair grows in cycles and only the follicles that are in an active growth stage at the time of treatment are eliminated. Your next appointment will be scheduled to coincide with the next active growth stage (four to eight weeks, depending on the area of the body). Many factors such as hormones, age, ethnicity, weight, metabolism and medication all influence the body's hair growth. As each person's skin and hair are different, results may differ from person to person. It is always advisable to assess the result with each treatment.

How much will Laser Hair Removal cost?

Prices vary from person to person, depending on how much dark hair needs to be removed. During your initial consultation, our laser operators will give you a quote.

Are there any medications I cannot use while having this treatment?

Some medication and skin lightening creams may make the skin light sensitive. During your initial free assessment you will be asked to complete a medical questionnaire. Our experienced laser therapists will then inform you about possible risks due to your medication or medical history. Hydroquinone, Retin-A and Retacnyl must be stopped two weeks prior to treatment. Patients who are on Roaccutane may not have any form of laser therapy for six months after completing a course of this medication.

Is the hair removed permanently if I have this treatment?

The FDA approval for laser hair removal has only ever been granted for Permanent Hair **Reduction** and not Permanent Hair **Removal**, a term that should not be used because we all have many follicles that lie dormant for most of our lives (these may never have been targeted by a laser) but old age and hormonal changes, although rare, can send the follicles into dormancy.

Your Dermatologist or Therapist can provide you with more information on whether the Alexandrite and Nd:YAG Laser is the right treatment for you.

PRE TREATMENT & POST TREATMENT GUIDELINES**Pre Treatment Guidelines**

- Only dark hair can be treated. Blonde, grey or red hair does not respond.
- Avoid sun exposure or tanning agents in the area requiring treatment at least 2-6 weeks prior to treatment. This reduces the risk of hypopigmentation or hyperpigmentation.
- **No tanning in the area requiring treatment. Recently tanned skin cannot be treated.**
- Avoid waxing, plucking, electrolysis or bleaching the hair at least 2-4 weeks prior to treatment.
- **Shave the area 2 days prior to treatment.**
- Avoid topical medications and certain skin care products containing Hydroquinone, Retin-A or Retinol for at least 2 weeks prior to treatment and any other medications or supplements that might cause photosensitivity.
- No use of Roaccutane for at least 6 months prior to treatment.
- If you have a history of peri-oral or genital herpes simplex virus you need to take the relevant supplements or medication prior to treatment.

Post Treatment Guidelines

- Erythema (redness) and Oedema (swelling) can last 2 hours to 2 days after the treatment.
- In most cases the treated area will feel like mild sunburn.
- Apply a topical soothing lotion (Burnshield or Aloe Gel) for a few days after treatment.
- Avoid sun exposure for a few days after treatment. Use of a sun block is very important when going about your day-to-day routines and it should be applied twice a day throughout the course of treatments.
- Sun block should be reapplied regularly after treatment if you are required to be outdoors for prolonged periods of time to avoid pigmentation in the treated area.
- **No tanning in the area requiring treatment.**
- Make up may be applied after treatment, but refrain from deodorant for a few days.
- Shedding of the hair may occur anywhere from 2 days to 3 weeks after the treatment.
- Shaving or depilatory cream is the preferred method of hair removal between sessions.
- Book your next session once the hair starts to regrow.