



Preferred Women's Healthcare

LASER HAIR REMOVAL

Unwanted hair can now be treated quickly and effectively using the latest generation diode laser system. The most efficient, innovative and advanced laser developed to treat unwanted hair is the LightSheer Laser from Coherent Medical Systems. The LightSheer laser is a revolutionary new diode laser system, approved by the Food and Drug Administration (FDA) for permanent reduction of unwanted hair. The light beam from the laser targets the pigment in the hair follicle beneath the skin surface. When the laser light energy is absorbed by the pigment in the hair follicle and hair shaft, the hair growth center is damaged. This results in either complete destruction of the hair, or severe restriction of re-growth. Hair follicles that are in the active growth phase have the highest concentration of pigment (color) and are the best targets for absorbing the laser light energy. It is these actively growing hairs that are preferentially damaged and destroyed. No more painful waxing, plucking, shaving, or electrolysis. Unwanted hair can be removed from the face, neck, underarms, bikini line, chest, back, legs and other areas with a quick flash of light. With the patented Coherent ChillTip, the skin is cooled during treatment so the laser causes little or no discomfort.

WHY USE THE LIGHTSHEER OVER OTHER LASER SYSTEMS?

Simply put, we believe this is absolutely the best laser available right now for permanent reduction of hair in men and women of all skin types. We have selected this laser because of its proven and unmatched clinical track record in laser hair removal. The long wavelength of this system allows even darker skin patients to be treated. This laser has been approved by the FDA for permanent reduction of hair in the treated areas, a claim that virtually no other laser hair removal system can make.

HOW DOES THE LASER HAIR REMOVAL WORK?

Laser hair removal uses laser light to target pigment in the hair follicle, causing damage to the hair root, while limiting injury to the surrounding skin. Because dark pigment responds to the laser light, dark hair in the fair skinned individuals absorbs energy most effectively. White, gray, blond or fine hair will not absorb enough light to be effectively treated. Laser hair removal may be postponed if skin is too tanned, or if it has been deemed necessary to pre-treat the area with a bleaching preparation.

There will be a short consultation prior to each new patient visit. At this time, test sites will be performed and it may be necessary to postpone your first treatment in order to evaluate any skin reaction. The charge for this consultation is \$50.00, but this will be applied to your first treatment. If after the consultation you decided not to be treated the \$50.00 will still be charged but can be applied to any future treatments.

Laser pulses target follicles which have actively growing hairs present. Follicles that do not contain hair due to hair removal or dormancy do not absorb laser energy; therefore, they are not treated. Subsequent hair growth in the treated area is the result of newly active follicles. Additional hair growth due to non-response or hormonal changes may also occur in the future.

FACTS OF INTEREST

- A very small number of patients (non-responders) have excessive hair grown back (no more that was originally there). There is no way to predict which patients may be non-responders.
- After laser hair removal, there may be swelling, crusting, or discoloration of the skin. This is transient, and will usually disappear within a few hours to several days.
- Hair grows in cycles, which vary with age, sex, hormonal status and location of the hairs.
- The number of hair follicles (density) in a given hair-bearing area varies among individuals.
- Each follicle produces hair in three steps: growth (anagen), resting (catagen), and shedding (telogen). These steps occur at different times in different follicles in the same area, which makes at **LEAST TWO TO THREE LASER TREATMENTS NECESSARY TO ACHIEVE THE MOST DESIRABLE RESULTS**. Rarely, **THREE TO FIVE LASER TREATMENTS ARE NECESSARY FOR DESIRED RESULTS**. Subsequent fine or light hairs that do not respond to the laser may be removed with electrolysis.
- Treatments are usually given at intervals of approximately 4 – 8 weeks, or whenever new hair growth is first noticed. Many patients are completely satisfied with their results after only one or two treatments, while others will have to have more for maximum removal of all hair.

INSURANCE/COST

Laser hair removal is considered a cosmetic service solely for the purpose of altering the appearance of the patient, and as such, is an uninsured service. Each laser treatment is separate, and you will incur separate charges unless a specific treatment package is arranged. All actions provided by a physician, laboratory, or hospital that support such an uninsured service are not insured benefits. The costs of treatment are related to the expense of purchasing and operating laser equipment. The costs for laser service and supplies are beyond our control, and fees are subject to change without prior notice.

PATIENT INFORMATION PRIOR TO LASER HAIR REMOVAL

- Hair should be visible, and should not have been plucked or removed for at least ten weeks prior to treatment. You may shave or clip the hairs. The area will be shaved on the day of treatment.
- Photos may be taken of the area to be treated. These photos are visual evidence of the effect of treatment. They may be used anonymously for the purpose of medical audit, education or promotion.
- Depilatories or bleaching agents must be avoided for at least one week prior to treatment since they sensitize the skin.

- Patients must not be taking Accutane for at least six months.
- Retin-A and glycolics must be discontinued for one week pre and post treatment.
- Sunless tanning lotions must be avoided as that pigmentation will absorb the laser light and result in a less effective treatment.
- All skin must be clean and free of make-up.

DOES IT HURT?

You may feel a tingling or stinging sensation, and some areas of the body are more sensitive than others, but most people tolerate the procedure well. If you find the initial treatment too uncomfortable you can request a prescription for a topical anesthetic.

ARE THE RESULTS PERMANENT?

The FDA has recently authorized users of the LighSheer system to use the word “PERMANENT” as it pertains to the amount of hair loss in treated areas. This decision was not made lightly, and only after years of reviewing statistical scientific data on the results obtained with the LightSheer system. This is a claim very few other lasers in the world are allowed to use when talking about hair removal.

WHAT HAPPENS AFTER TREATMENT?

Within several minutes, the treated area may become slightly red and puffy. This reaction subsides quickly, and within a day or so the areas return to normal. Patients often describe the sensation as a mild sunburn for the first day or so. Since the LightSheer laser does not cut the skin, bandages are not necessary, and most people return to normal activity immediately.

WHO IS A GOOD CANDIDATE FOR LASER HAIR REMOVAL?

The perfect candidate has dark hair and light skin. Darker hair absorbs more of the laser light, and lighter skin interferes less with the movement of the laser light into the hair follicle. Dark or tan skin runs a higher risk of pigmentation changes following the procedure. The unique longer wavelength of this laser allows darker skinned patients to be treated. White hairs respond the least to laser therapy. We do not recommend use of the laser to treat white or light hair growth.

WHAT SPECIAL INSTRUCTIONS DO I FOLLOW AFTER TREATMENT?

- Do not apply any products on the treated areas of your skin except sunscreen if you will be outside. Avoid Retin-A, alpha-hydroxy acids, glycolic acids, astringents, etc. You may wash gently with soap and water, but do not rub or scrub the area.
- Do not expose the treatment areas to direct sunlight. Do not use tanning beds at any time during your treatment intervals with this laser. Wear a sunscreen daily if the areas to be treated will be exposed to sunlight.
- Three – seven days after treatment some of the hairs may seem to be re-growing. This occurs due to elimination of the hair that remained under the skin and not true re-growth of the hair.
- Do not wax or pluck any hairs between treatments.
- Do not pick or manipulate the skin in the treatment areas.