

## Laser Hair Removal

Let's face it, excess body hair can be unsightly and embarrassing. Shaving, plucking, waxing and depilatory creams provide temporary fixes that are inconvenient, irritating and messy. Electrolysis is time consuming, sometimes painful, and is useful only in removing hair from small areas.

### New Treatment Option: Lightsheer

Innovative, light-based devices have revolutionized the treatment of unwanted hair, offering gentle, effective and convenient solutions for both men and women. The Lightsheer Diode Laser System uses targeted flashes of light to block the regrowth potential of the hair follicle. These treatments do not damage surrounding tissue and each device targets numerous hair follicles simultaneously, allowing for the treatment of large areas quickly and effectively.

### What to Expect

The length of an individual treatment may last anywhere from a few minutes to an hour or more, depending on the size of the area being treated. The number of treatments required depends on several factors related to specific kinds of hair and skin. It is important to understand that hairs in an active growth phase (anagen) are most affected by treatments. Since all hairs are not in this phase at the same time, several treatments are necessary to achieve the best results. Practitioners design customized treatment programs, and give patients an estimate of how many sessions may be needed in order to meet expectations.

The treatment may cause some minor discomfort – patients often describe it as a slight tingling or compare it to a pinch or the sting of a snapped rubber band. Most patients tolerate the procedure well; topical anesthesia is rarely required, but may be an option when treating more sensitive areas.

The appearance of the treated area immediately following a session will vary from patient to patient, though side effects are rare. Any swelling or redness at the treatment site typically goes away within a couple of hours, and most people are able to return to normal activity immediately. The best news is that many of the unwanted hairs are gone at the end of the treatment.



-Before-



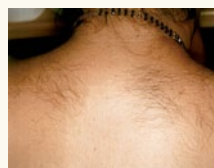
-After-



-Before-



-After-



-Before-



-After-



-Before-



-After-



-Before-



-After-

*"I had so much anxiety before my procedure. If I would have known how little pain was involved, I would've had the treatment years ago."*

*"For years I've had facial hair and it's hard being a woman with that issue. Now, I feel so confident about my appearance. I can be seen in the sunlight again without worrying if people will see any hair on my chin or lip."*



**BAKERSFIELD**  
661-327-3800  
4850 Commerce Drive  
Bakersfield, CA 93309

**MALIBU**  
310-589-6380  
24955 Pacific Coast Highway, Ste. C303  
Malibu, CA 90265



## Laser Hair Removal

### Light Sheer Lumenis

- The "Gold Standard" for hair removal with an unsurpassed library of clinically documented success
- Treats all skin types including most hair colors, depths and diameters
- Patented ChillTip provides continuous contact cooling of the epidermis for maximal patient safety and comfort

### Does laser hair removal hurt?

Patients find the laser hair removal very tolerable. The skin itself is exposed to little heat. Plus, no irritating chemicals are used and the hairs aren't pulled on in any way. Patients usually find these treatments less painful than waxing or electrolysis.

### How many treatments will I need?

The number of treatments needed depends on the area to be treated, the hair density and the contrast between the hair and the skin color. The more there is a contrast between the hair and the skin color, the less treatments you need. People with darker skin and lighter hair would require the most number of sessions. Moreover, your hair grows in cycles and many factors influence its growth, such as age, ethnicity, weight, hormones, diet, metabolism, previous hair removal methods and medical history. All these factors help increase or decrease your hair's resilience. The procedure slows the growing capacity of follicles in the growth cycle at the time of the treatment. However, since some hair follicles may enter their growth cycle after your treatment, 5 to 6 treatments are needed, on average in order to achieve optimal results. In most cases, a good reduction is already visible just after an average of one or two treatments.

### Do I need to shave before my treatment?

Yes. You should shave about 1-3 days prior to your appointment. The laser needs to see the hair, but the hair should not be too long. If the area being treated is hard to reach your laser specialist may shave it for you.

### What can I expect during and following each treatment?

Before the treatment, a cool gel will be applied to the area, providing coolness to the skin and a conduction barrier between your skin and the laser. You will feel a little warmth along with the mild sensation of a snapping rubber band. After the treatment the area may be a little red and may retain mild warmth for up to a few hours.

### Will I be able to resume my normal activities right after the treatment?

We suggest that our patients avoid alcohol, exercise, heat and sunlight for a short period following treatment.

*"My husband has always been self conscious about his back hair. After having laser hair removal, he can go outside without a shirt and feel comfortable. Also, his back is so soft and smooth now. I love the results as much as he does."*

