



**saddleback**  
dermatology laser + cosmetic center

## Laser Hair Removal

### What is it?

The LightSheer™ Diode Laser System removes hair and prevents its regrowth. When laser light is directed onto an area of unwanted hair, the melanin in the hair that gives it its color absorbs the laser light energy which then heats both the hair shafts and hair follicles. Unlike IPL which uses a broad-spectrum light source, lasers can be extremely controlled and focused into a small area, or they can travel a large distance without spreading out like light normally would. The laser can travel deeper down into the pore, giving a concentrated blast of light to the follicle, and can therefore be more specific in the treatment it gives.

### How does it work?

Laser is attracted to pigment in the hair shaft, which heats and destroys the follicle it is connected to.

### Who can have it done?

The laser works best on dark haired, fair skinned individuals. It does not work on white, gray, red or blonde hair.

### Is it painful?

There may be some discomfort. However, it is minimal. Topical anesthetic cream is recommended prior to treatment to minimize any discomfort.

### What can I expect after treatment?

Immediately after the treatment your skin will be red and may be a little tender, much like a mild sunburn. This should subside within a few hours. You may shower or bathe, but do not aggressively scrub your skin for the next 48-72 hours. There's no downtime and you can return to your daily routine immediately after treatment.

### Will the hair fall out?

Not immediately, however, over the next few weeks you will notice that you do not need to shave as much and the amount of hair you have is considerably less.

### Will I need more than one treatment?

Yes. Hair grows in stages and only about one third of hair is visible on the skin. It is only in this "growth stage" that hair can be treated. As more hair enters into the "growth stage" and appears at the skin's surface it will also need to be treated. You will need at least 3 to 5 laser treatments given approximately 4 weeks apart to get a 50%-80% reduction in growth. Then to maintain the hair loss/removal, you will need approximately one treatment per year.

### Is it permanent?

Probably not, although we do have studies that indicate approximately 70% hair reduction can last for up to five years.

### What should I do before treatment?

- 1) Do not pluck, wax, or use depilatories 6 weeks before and after treatment as this will remove the visible hairs from the follicle and make the treatment less effective or not effective.
- 2) Hair should be SHAVED the MORNING OF THE TREATMENT.
- 3) Do not tan skin starting 6 weeks before or 6 weeks after treatment.

Ira Bell, M.D. | Karen G. Benik, M.D. | Azin Meshkinpour, M.D., M.P.H | Kim Tang, M.D. | Sam V. Truong, M.D.

23832 Rockfield Blvd  
Suites 210 & 220  
Lake Forest CA 92630

tel 949.770.8115  
fax 949.770.9191

[saddlebackdermatology.com](http://saddlebackdermatology.com)