

## Forever Bare BBL™ Laser Hair Removal

### What is Laser Hair Removal?

Laser hair removal is a procedure that uses a laser and broadband light to remove unwanted hair. During laser hair removal, a laser beam passes through the skin to an individual hair follicle. The intense heat of the laser damages the hair follicle, which inhibits future hair growth. Although laser hair removal effectively slows hair growth, it doesn't guarantee permanent hair removal. It typically takes several laser hair removal treatments to provide an extended hair-free period. Periodic maintenance treatments might be needed as well.

### Why is Laser Hair Removal done?

Laser hair removal is used to remove unwanted hair. Common treatment locations include legs, underarms, upper lip, chin and bikini. However, it's possible to treat unwanted hair in nearly any area — except the eyelid or surrounding area. Hair color and skin type influence the success of laser hair removal. For example, laser hair removal is most effective for people who have light skin and dark hair because the laser beam targets the pigment (melanin) in the hair. However, advances in technology have made laser hair removal an option for people who have darker skin. Laser hair removal isn't generally effective for white, gray, red or blond hair — although treatment options for lighter hair continue to be investigated.

### What are the risks of Laser Hair Removal?

Laser hair removal doesn't guarantee permanent hair removal. Some hair could be resistant to the laser treatment or grow again after treatment although the new hair growth might be finer and lighter in color. The most common side effects of laser hair removal include:

- **Skin irritation:** Temporary discomfort, redness and swelling are possible after laser hair removal. Any signs and symptoms typically disappear within several hours.
- **Pigment changes:** Laser hair removal might darken or lighten the affected skin, usually temporarily. Skin lightening primarily affects those who have darker skin, especially if an incorrect laser is used at an incorrect setting.
- **Texture changes:** Rarely, laser hair removal can cause blistering, crusting, scarring or other changes in skin texture.

Laser hair removal isn't recommended for the eyelid or surrounding area, due to the possibility of severe eye injury.

### How should I prepare for Laser Hair Removal?

- **Stay out of the sun.** A tan increases the risk of side effects, such as skin lightening. If you have a tan — either from sun exposure or sunless tanning products — wait until the tan fades completely before undergoing laser hair removal. We recommended keeping the area out of the sun for 3-4 weeks prior to treatment.
- **Do not tweeze, thread, wax, or use depilatories.** These hair removal methods can disturb the hair follicle and interfere with laser hair removal. Shaving is okay since it preserves the hair

shaft and follicle. In fact, we require that you shave the area before laser hair removal to receive maximum results.

**Contraindications** (i.e. patients who are not good candidates) to laser hair removal treatment may include (but are not limited to) those patients who:

- are sensitive to light or take medication (i.e. antibiotics) that is known to increase sunlight sensitivity
- Accutane/Isotretinoin use within last 6 months prior to treatment
- have a seizure disorder triggered by light
- with tanned skin or using self tanner/spray tan (3-4 weeks prior to treatment)
- have a very dark skin color (i.e. Fitzpatrick skin type IV)
- are pregnant or are trying to become pregnant
- taking anticoagulant medication or heavy aspirin use
- have an active infection and/or compromised immune system
- who have a history of keloid scar formation

### **What can I expect from Laser Hair Removal?**

#### **During the procedure:**

Your clinician will press a hand-held laser instrument to your skin. The laser delivers a pulse of broadband light with cooling on the tip of the instrument. The laser beam will pass through your skin down to the hair shaft into the bulb of the hair follicles where hair growth originates. The intense heat from the laser beam damages the hair follicles, which inhibits hair growth. Some patients will feel a slight discomfort in the skin. Treating a small area, such as the upper lip, might take only a few minutes. Treating a larger area, such as the back or full legs will take approximately 30-45 minutes.

#### **After the procedure:**

You might notice slight redness to the hair follicle, itching and/or swelling for the first couple hours after laser hair removal. To reduce any discomfort, apply a cool compress or ice pack to the treated area. Your clinician might also suggest an aloe gel or other type of cream or lotion, as well as over-the-counter pain relievers. If you have a skin reaction immediately after laser hair removal, your clinician might apply a steroid cream to the affected area. This is unlikely to happen but could occur. You might also prepare yourself for possible hair shedding in the first few weeks after treatment. Don't mistake this for hair regrowth.

### **What will my results be with Laser Hair Removal?**

Results of laser hair removal vary greatly from person to person. Multiple treatments can prolong the duration of hair loss — up to years in some cases — but hair regrowth is still possible. For best results, you will need to start with 6 treatments. For face and neck areas treatments are spaced 4-6 weeks apart. Body treatments are spaced 6-8 weeks. It is important to be consistent with treatments for the best outcome. After your series of treatments, you and your clinician will re-evaluate your progress.

Additional treatments may be necessary especially for darker skin types. Everybody is different as each body part is different. What works for you will not work for the next person.

#### **Post Laser Hair Removal Care Instructions**

- Immediately following your laser hair removal treatment you may experience redness or minor swelling of the skin, similar to a mild sunburn. These normal tissue effects are temporary and usually disappear within 24 hours. Cold packs or soothing aloe vera gel may be used to ease discomfort. Acetaminophen (Tylenol), aspirin or ibuprofen (Advil) may also reduce post treatment discomfort.
- A small percentage of individuals will experience mild peeling of the skin. This peeling is similar to the effects of sunburn. Avoid vigorous removal of the peeling skin to reduce the risk of scarring. If the skin blisters, an over-the-counter antibiotic such as Bacitracin or Neosporin may be applied twice a day. Please contact our office if you develop any blistering.
- Take care to prevent trauma and friction to the treated area for the first 24-48 hours following treatment. Treat the area gently. Avoid tight fitting clothing that would put pressure on the area. Avoid rubbing, scratching or picking at the treated areas. Avoid hot showers, baths, soaking in a hot tub or swimming in a chlorinated pool. Also avoid any induced sweating such as working out, exercise classes or yard work.
- Avoid direct sun exposure (natural or artificial). If sun cannot be avoided, be sure to use a broad spectrum sunscreen with an SPF 30 or higher and cover up to protect the area. Sun tanning increases the melanin (pigment) in the skin and increases the risk for burns and blistering during treatment. Also, do not use self-tanners or spray tans.
- To prevent skin irritation, avoid applying makeup for 24 hours, if possible. Mineral makeup is ok to use.
- Do not wax, thread, tweeze, or use depilatories between treatments. Shave only!!

Concurrent Procedures: Forever Bare Laser Hair Removal can be combined with other **BroadBand Light treatments** , **NanoLaserPeels™** and **Injectables**