



**Services offered
to our clients in the clinic :**

- Laser assisted hair removal for permanent reduction of unwanted hair.
- Mesotherapy for cellulite reduction, facial skin rejuvenation, stretch marks, and scalp hair loss.
- Chemical peeling to improve photo damaged facial skin, age spots, pigment irregularities, and fine wrinkles.
- BOTOX® for facial expression lines and hyperhidrosis (excessive underarm sweating).
- Dermal fillers to fill out facial lines and wrinkles, enhance lip volume and facial contouring.
- Microdermabrasion to improve skin tone, texture, fine lines and superficial scars.

**Laser Assisted
Hair Removal
(LAHR)**

22232000

بناية القارم شارع بور سعيد - المنطقة 9 - الكويت 38
www.sih-kw.com ☎ 25 40 167



Ext : 1047 - 1022

Dermatology

How does laser hair removal work?

The laser works by a principle called Selective Photothermolysis. The laser is pulsed (turned on) for a millisecond emitting a beam of light on to the skin. The light energy passes harmlessly through the skin, but is absorbed by the pigment in the hair follicle and hair shaft. By absorbing this laser energy, the hair follicles are disabled, impairing their ability to grow. Hair does not actively grow at the same time, and has three stages during the



Before

After

growth cycle. The hair follicles in the first stage of growth are the darkest and absorb most of the energy. The cooling system protects the outer layer of skin, and has a mild anesthetic property allowing areas to be treated as painlessly as possible.

What areas can be treated?

LAHR can be performed on almost every area of the body for men and women – from small areas such as your upper lip, underarms, bikini area, chin, neck, and face, to larger areas such as forearms, chest, back, and legs.

Does the laser treatment hurt?

Most clients describe it as a little uncomfortable, similar to a rubber band being snapped on the skin. Because some areas of the body are more sensitive, you may want to use a topical anesthetic. Applying this anesthetic prior to treatment will lessen any discomfort.

How long is the treatment?

Treatment time can vary based on the area. The upper lip takes only a few minutes while the back or legs can take up to an hour. Results vary based on skin tone, thickness and color of hair follicles, and growth stage. Multiple treatments may be necessary to achieve desired results. Post-treatment effects also vary depending on individual circumstances and stage of treatment.



Before

After

How many treatments does it take?

The laser works by disabling hair in the active growth stage (anagen) at the time of treatment. Because not all hairs are in this stage during

treatment, additional treatments will be necessary to disable all the hair follicles in the treated area. Treatments are usually given at intervals of 4-6 weeks, or when new hair growth is noticed. We can discuss your goals to develop a program based on your specific circumstance.



Before After

How should I prepare for treatment?

You should shave the area to be treated 1-3 days before treatment (some clinics will offer to do this for you). No waxing or removing hair with the root by any other way is allowed 4-6 weeks before and throughout the course of treatment as hair needs to be in place to be targeted by laser. The area should be shaved as closely as possible so that laser can target the most energy towards the hair follicle and not waste energy on the part of the hair above the skin's surface. If your hair is the type that you can't see where it was right after you shave, make it a bit easier by shaving 1-3 days before so the outline of where hair is growing is just very slightly visible.

What happens to the skin after treatment?

Within about 30 minutes of treatment, the area may become pink or red. Patients describe it as mild sunburn, and this reaction usually subsides within a day or so. Also, transient scabbing may be noticed in some cases. If necessary, the doctor may prescribe a topical cream to apply to the treated areas.



Before After

What should I do after I am treated?

Following treatment, you can return to your normal activities, and treated areas should be handled with care. Avoid: Retin-A, alphahydroxy acids, glycolic acids, and astringents. You may clean the area using mild soap and water. You should avoid tanning and use a sunscreen on any treated areas exposed to the sun.

What should I expect?

Within 2-3.5 weeks, you should experience shedding of all treated hair. At first, hair will look like it's growing back in, but it is just coming

through the skin to shed. Shedding starts at about 1.5 weeks and can last until 3.5 weeks post-treatment or so. Exfoliating and/or scrubbing gently in the shower with a brush can help speed up the process. Please refrain from waxing, plucking, or bleaching between treatments (shaving is okay).

After shedding occurs, you should experience a hairfree period for a few weeks, until next set of hair that was dormant before starts to come in. Once you have enough to justify one, go in for another treatment. This usually happens within 4-8 weeks post-treatment. Patient continues this process until he/she has reached diminishing returns and the remaining hairs are too fine for laser to target, or until you have reached your desired reduction.

LAHR and Pregnancy

Laser radiation is safe as far as pregnancy outcomes are concerned. The laser radiation is electromagnetic radiation in the wavelength of light and is not penetrating like x-rays. The exposure is only to your skin and would not penetrate farther than a few millimeters. Therefore, it would not expose the embryo or fetus. This is the same case with the RF radiation. It is radiofrequency radiation, not electricity per se. There is no increased risk for birth defects with these types of radiation.

(Health Physics Society; specialists in Radiation Safety, <http://hps.org>)

