

Long term hair removal

Cosmetically unwanted hair is a common problem. Effective treatment is available with especially designed lasers, flash-lamps and ELOS system, patented technology.

Principle

Long term hair removal is based on selectively heating of hair follicles without harming surrounding structures. The heating is achieved by using laser-technology with a single wavelength of 800 or 810 nm, or flash-lamp technology with intense pulsed light (IPL), with a broad spectrum ranging from 560-1200 nm or the ELOS system combining laser and radiofrequent waves. As hairs grow in cycles and only hairs in the active growth phase are susceptible to heat, at least 6 treatments with an interval of 6-8 weeks are required to achieve a considerable reduction of the amount of visible hairs. The remaining hairs become thinner and lighter, but a complete absence of hairs will not be achieved! Theoretically any hair at any site can be treated, e.g. upper lip, legs, bikini-line, and armpits. The hair should, however, not be too light of color, or too thin (not enough pigment to heat). When the skin is very dark, energy will be absorbed by the skin and thus not reach the hair follicles.

Treatment

Our lasers and flash-lamps are always adjusted to skin- and hair type of each patient by varying wavelength, pulse duration, pulse interval and energy output. A custom-made treatment is thus given. The short pulses cause a short lasting burning sensation that is usually well tolerated. For treatment of sensitive body areas an anesthetic cream may be prescribed.

Side effects

There are no long term side effects. Some redness may appear for a few days, sometimes combined with a mild swelling and formation of scales and fine crusts comparable to sunburn. Make-up can be used right away. Development of blisters and a change in skin color are exceptional and transient. This occurs mainly in dark or suntanned skin.

Practical advice

During the treatment the skin should not be tanned by sunlight or artificial UV-light. A tanned skin hampers penetration of light and increases the risk of burns and discoloration. It is therefore mandatory to avoid exposure to the sun and solarium one month before and a few days after each session. The presence of short hairs is required for fine-tuning of the equipment. Removing hairs by using tweezers, epilatory devices or waxing should be avoided for at least a month prior to treatment and in between treatments since empty hair follicles are unresponsive to treatment. Shaving or depilation cream is allowed until several days before a session.

Comparison to electrolysis

In electric needle hair removal, also called electrolysis, each hair is treated separately. With lasers and flash-lamps each flash of milliseconds treats at least a square cm and large surface areas can be treated in a short period of time. Electrolysis is therefore more time consuming and especially suitable for smaller surface areas. It is at present the only effective way of removing blonde or white hairs.

Refunding

Nowadays almost all insurances refund long term removal of facial hair growth in women. Other medical indications are occasionally refunded. Ask your insurance about your rights.

Other treatment options in our clinic

- reduction of telangiectasias in the face and neck by laser or flashlamp
- glycolic acid peelings as part of the treatment of acne and melasma
- camouflage, manual lymph drainage and treatment of excessive perspiration (Botox)
- electric needle hair removal (electrolysis) in case of hairs not suitable for laser treatment

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