

## About Your Laser Hair Removal Treatment

Preparation for treatments for best results:

As we discussed, if your skin is lighter it's easier for the laser to do its job and the treatment is more effective and safer. We want to do as much for you as we reasonably can on each treatment, so please try not to tan.

Please thoroughly remove all cosmetics from the area to be treated and all around that area as well. It's ok to shave before coming in, but please don't pluck and try to leave enough growth so that it's easily visible (about 1/8 inch or more).

After treatment there will often be mild redness or bumps. This is normal, but if you have any questions don't hesitate to call.

Laser Hair Removal works by trying to damage the hair follicles. The laser sends a strong beam of light that turns to heat when it contacts the darker colored cells in the hair follicles. This damages some follicles and destroys others. The damaged ones will regrow over a 1 to 6 month period and the ones that are destroyed will not. Hair follicles are very hardy (as you know if you've tried plucking, waxing, electrolysis, etc.); that's why we plan multiple treatments to an area. Everyone gets regrowth initially, although with treatments the hairs that regrow tend to be finer and less dense. So we repeat the treatments and gradually the number of hairs and the density decrease. Please note that when your hair is very dense, it will be especially hard for you to see improvement because even when we remove  $\frac{1}{2}$  or even  $\frac{3}{4}$  of the hair, it will still be very dense. So the more dense you start off, the more hairs there are and the more treatments it takes to destroy them

As you return for your treatments we will ask you about your prior treatment and how that went so we can best tailor therapy for you for the greatest possible reduction in hair, consistent with safe treatment.

For best effect you should schedule your treatments at about 1 month intervals. On return we do our best to try to save you time and get you in & out as quickly as possible. You can help us do that by making your appointments at times that are convenient for you, and then coming in for that appointment. Please note we charge for missed appointments, but we certainly don't want to. Let's work together to make your treatment run well and conveniently.

We strive to provide very good service and very good results and we hope you'll recommend us to your friends. If you have any questions at any time, please don't hesitate to ask us. Thank you for making the Advanced Dermatology Center your choice for Complete Skin Care.

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