



LASER HAIR REMOVAL 101

Laser hair removal is a beneficial option for many people seeking a permanent solution for unwanted hair. Shaving, waxing, and tweezing are time-consuming options that actually cost more in the long-run than getting laser hair removal treatments. Laser hair removal is an easy, low-maintenance hair removal treatment that leaves your skin feeling silky smooth.

While beneficial, there are certain risks and stipulations to laser hair removal. It's a medical treatment that, like any other, should be taken seriously. It's important to gather all available information and determine if the process is right for you. In this white paper, you'll learn everything you need to know — from what to expect during the treatment to how to care for your skin afterward.

HOW IS LASER HAIR REMOVAL PERFORMED?

Laser hair removal uses an intense, pulsating beam of light — known as a laser — to slow the growth of hair in each specified treatment area. This laser passes through your skin and damages the targeted hair follicles, which inhibits future growth.

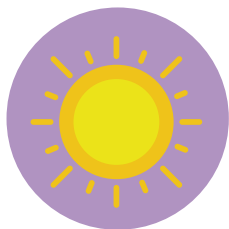


From the patient's standpoint, laser hair removal is quite simple. It involves little to no action on your part and allows you to benefit from the work of an expert. But when considering laser hair removal, keep in mind that it is a commitment that requires multiple sessions to achieve the desired results. Here's what you need to know before going in.

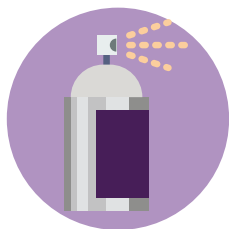
PREPARING FOR YOUR TREATMENT

The first step in preparing for laser hair removal is choosing an accredited facility. Find an office with doctors and staff who are experienced, qualified healthcare providers. Beware of spas or facilities that don't employ physicians — laser hair removal is an actual medical treatment and requires proper supervision and administration.

Once you've settled on a place for your treatment, go in for a consultation to discuss your medical history, the risks and benefits of laser hair removal, and your expected outcome. During this consultation, your licensed esthetician will let you know what you can do to prepare your skin. After determining if laser hair removal is right for you, he or she will likely offer a few helpful tips, including:



➤ **Avoid sun exposure and self-tanners**, which increase the risk of side effects like skin lightening.



➤ Wait until **your existing tan completely fades** before having laser hair removal done.



➤ **Don't pluck or wax.** These methods can affect hair follicles and disturb the removal of unwanted hair by laser. Shaving is acceptable since it doesn't affect the follicles.

WHAT TO EXPECT DURING YOUR TREATMENT

It's comforting before going into any treatment to know what to expect, and laser hair removal is no exception. When you arrive for your appointment, you'll be given **goggles to protect your eyes from laser exposure.**



Once you're set to begin, the technician will start the process by pressing a **hand-held laser device gently against your skin.** Upon activation, the device will send intense heat through your skin to the follicles where hair growth begins. This heat is responsible for the hair follicle damage that rids unwanted hair.



WHAT TO EXPECT AFTER YOUR TREATMENT

You may experience a bit of redness and swelling once your session is complete. Apply ice to reduce discomfort. Additionally, avoid sun and tanning bed exposure until your skin has completely healed. From then on, be sure to apply sunscreen any time you will be in the sun for more than a few minutes.

HOW LONG DOES IT TAKE FOR LASER HAIR REMOVAL TO BE EFFECTIVE?

The results of laser hair removal vary. For instance, people with dark hair and fair skin tend to experience better results than those with darker skin, though laser hair removal can certainly be effective for most people. Regardless, here are a few estimates of the time involved so that you'll know if you're ready to make this commitment.

SEEING RESULTS

The number of sessions you'll need to see long-lasting results differs from person to person. It will depend on **how much hair is present, the fairness of your skin, and the color of your hair, among other factors.**

Though six to eight treatments may seem like a large number, it's actually small compared to how many sessions of electrolysis (the only other long-term hair removal process) you would need to achieve the same results – not to mention the daily time requirements of shaving, waxing, and plucking.

Generally speaking,
**SIX TO EIGHT
TREATMENT SESSIONS**
are sufficient.



At Proffer Surgical Associates, our experienced healthcare providers are known for innovative techniques, expert advice, and care and compassion for patients. We can perform laser hair removal on nearly every body part.

Our goal is to deliver compassionate, quality care in a comfortable, friendly, and respectful environment. Reach out to us today to learn more about laser hair removal and to schedule your consultation.

SCHEDULE YOUR CONSULTATION: 806.352.4002

Dr. Patrick Proffer is a leading cosmetic surgeon at Proffer Surgical Associates in Amarillo, Texas. He attended Texas Tech University and the University of Texas Health Sciences Center at San Antonio, where he obtained his Doctor of Medicine degree (M.D.). He received his formal training in General Surgery and Plastic and Reconstructive Surgery at Wake Forest University in Winston-Salem, North Carolina.



Dr. Proffer's training covers all aspects of plastic surgery, including cosmetic surgery of the face and body, complex reconstructive procedures, cleft lip and palate surgery, hand surgery, facial and jaw fracture repair, and reconstruction following massive weight loss. His primary focus is cosmetic surgery of the breast and body including breast augmentation, breast lift, abdominoplasty, liposuction, and revision/corrective breast surgery. He gets to know every one of his patients as individuals, which allows him to tailor treatment to their exact desires and needs.

Dr. Proffer is a board-certified plastic surgeon, affirmed by the American Board of Plastic Surgery, and an active member of the American Society of Plastic Surgery and the American Society of Aesthetic Plastic Surgery.

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1611 Wallace Blvd., Amarillo, TX 79106 • 806.472.4455