
HAIR REDUCTION NDYAG LASER THERAPY

What is it & is it safe?

Nd YAG lasers use light to target and destroy unwanted hair on the skin. The laser wavelength is chosen to selectively target the hair follicles only, sparing the surrounding normal skin structures. When used properly by trained staff, the procedure is extremely safe and effective. Eye protection must be used by both the patient and the operator during therapy. This type of laser treatment is not associated with any long-term problems such as skin cancers. To make the procedure more comfortable however, the skin is kept cool with a chilled plate so that the heat energy is not transferred to other areas of the skin to cause unwanted side effects.

How does it work?

The hair pigment absorbs light energy at a specific wavelength. NdYAG lasers are scientifically and clinically proven methods of delivering light energy to these unwanted targets to reduce their appearance. The pigment absorbs the light energy that gets converted to heat leading to destruction of the hair.

What is the difference between BBL/IPL and Lasers?

Lasers utilise a single wavelength to deliver energy to skin targets. IPL or BBL uses a spectrum of wavelengths. Lasers have a reputation of precision and power and are well proven and established processes in cosmetic dermatology.

What does the procedure involve?

In most cases, three to four treatments should be enough. However, in some individuals, more treatments may be necessary for best results, usually spaced six to eight weeks apart. No anaesthetic is required as there is a cooling plate that both protects the skin and also reduces the treatment discomfort.

Protective eyewear is required and provided during the procedure, as blood vessels in the retina of the eye must be protected. A cool gel will be used on the skin to facilitate skin contact of the handpiece. When the device fires, there is a bright flash followed by a brief stinging pain similar to a rubber band flick. This is followed by a mild burning sensation that lasts for a few hours.

What happens after treatment & how long will the results last?

The treated area will be red and slightly sensitive for a few hours. Make-up may be applied if desired.

What are the unwanted side effects of Nd YAG lasers?

Side effects are uncommon but may include:

- Burns to the skin leading to crusting.
- Alteration in pigment – darker or lighter.
- Darker skin individuals are those with recent tanning are at greater risk of developing both increase or decrease in pigment.
- The alteration in pigment may either be temporary or rarely, permanent.
- Scarring and indentations – usually as a result of burns (extremely rare).

Is everyone suitable for Laser?

There are certain circumstances in which we may not treat:

- Pregnant or breast-feeding women.
- Children under age 18 without parental consent.
- Current significant skin disease / infections such as cold sores at the site of treatment.
- History of keloid scarring (special precaution in high risk areas).
- Patients on medication that causes sensitivity to light.
- Any emotional, mental or medical condition that may lead to unrealistic expectations.

Post Treatment Response

The laser energy is capable of deep penetration and selective destruction of hair follicle without damage to the epidermis. Follicles swell, darken, lighten or appear unchanged. Redness and swelling may be visible for 4 to 6 hours following the laser treatment. Blistering rarely occurs during the first 3 days following laser treatment. Blistered areas should be treated with care, keeping the area moist with Vaseline until the area has healed. Some patients develop raised papules similar to hives; this is a normal variation and usually subsides in a few hours. Contact the clinic should blistering occur.

Post Treatment Care

Post treatment discomfort may be relieved by paracetamol or a similar mild analgesic. A cold compress or an ice pack can be used after treatment and is recommended in darker skin types. Apply for 10minutes every hour until discomfort subsides. Shower with cool water on the treated area.

Avoid sun exposure or tanning booths. A broad spectrum sun block must be applied 15 minutes prior to sun exposure and reapplied every 2 hours or after swimming.

Moisturiser should be applied to the area to prevent drying and crusting. If crusting develops it should be allowed to fall off naturally (no picking).

Do not shave the treated area for 2-3 days following a treatment.

Do not do activities that will heat your skin such as aerobics, spas, saunas etc for 48hours. The treated area is very delicate and should be treated with care.

You should schedule a follow-up appointment for 6-8 weeks.