

WHAT IS LASER HAIR REMOVAL?

It's a permanent laser removal of hair on the face, ears, nostrils, underarms, arms, bikini line, legs, back or elsewhere on the body. The laser emits a beam of light that is trapped in the hair dye, releasing heat that causes damage to the hair root, coagulating it and causing the hair to die. In the case of the Nd Yag laser, the hair follicle is further destroyed by damaging the blood flow at the base of the hair follicle. Several treatments are needed at one-month intervals because not all hairs are at a laser-sensitive stage of growth.

WHICH LASERS DO WE USE?

Several different hair lasers are available at Medical Center Rogaška: Fotona SP Dynamis (Nd Yag), Fotona StarWalker (Nd Yag), ELOS technology. The doctor decides which one to use based on the thickness and colour of the hairs.

HOW IS THE TREATMENT PERFORMED?

The procedure is carried out in autumn/winter; the skin must not be tanned and must remain protected from the sun for a month after the procedure. No hair plucking or waxing is allowed before the procedure; shaving is allowed. You come to the surgery clean-shaven.

The skin is first cleaned and cooled, and protective goggles are put on. A burning and stinging discomfort and occasional short-term pain is felt during the procedure. The skin is cooled again after the procedure and a cream is applied for faster recovery and sun protection.

HOW MANY REPETITIONS ARE NECESSARY?

The number of repetitions depends on the density, thickness and colour of the hairs. Six are usually needed, with a break of one month in between.

THE SUCCESS OF THE PROCEDURE

The first result is visible three to four weeks after the first treatment and improves with subsequent treatments. Most patients are hair-free after the sixth treatment.

CONTRAINDICATIONS OR FOR WHOM IS THE PROCEDURE NOT SUITABLE?

Laser hair removal is not suitable for persons with photosensitive skin or open wounds on areas, intended for treatment, due to injury, diabetes, chronic diseases of the soft tissues, radiation therapy or chemotherapy. It is not suitable for those who have an active herpes simplex virus infection, cancer, unrealistic expectations, or who are unwilling or unable to follow after-care instructions.

SIDE EFFECTS AND COMPLICATIONS

Immediately after the procedure, there are "chicken skin" cells and transient redness, which resolve within a day. As with any treatment, complications can occur after laser treatment in the form of infections, discolouration, sensory disturbances, inflammation, ulceration, pitted scarring and watery bubbles. However, there are no significant complications and laser hair removal is very safe if the instructions are strictly followed.

Very rarely, an initial increase in the number of hairs or a transition from vellus to terminal hairs may occur, which is due to the synchrony in the hair cycle caused by the procedure, as more hairs enter the anagen phase of active growth. As it is during the anagen phase that the hair is most sensitive to the laser, further treatments allow effective hair reduction.

POST-PROCEDURE INSTRUCTIONS

After the procedure, a cream is applied to speed up skin renewal and sun protection, which should be

continued for a month after the procedure.

It is not recommended to visit the sauna for 14 days; SPF50 sun protection and hats or clothing are mandatory for a month after the procedure.

You can return to work or your daily activities immediately after the procedure.

Prior to the examination, you must also fill out the Informed Consent form together with the doctor as regulated by the Patient Rights Act and the Doctor's Duty to Obtain an Informed Consent. The rules for filling out the form and the statement are presented upon your arrival at our institution.

IF YOU HAVE ANY QUESTIONS REGARDING THIS BROCHURE, PLEASE CONTACT US FOR FURTHER INFORMATION.

We will take care of your health and well-being to the best of our ability. Thank you for your confidence in us.

Prepared by:

Janja Šmid Vauhnik, MD, Dermatovenerology Specialist