



1324 Princess St
Kingston, ON K7M 3E2
Website: www.ucosmetic.com
Email: nuyu@ucosmetic.com
Phone: 613-536-LASR (5277)
Fax: 613-536-5108

Dr. Kim Meathrel, MD, FRCSC, Plastic Surgeon, Associate Professor of Surgery, Queen's University
Dr. Caroline Sangers, MD, CCFP, Cosmetic Medicine, Family Practice, Emergency Medicine

Laser Hair Removal INFORMATION & INSTRUCTIONS

UCosmetic uses the Soprano XL and the Harmony XL lasers for laser hair removal. The Soprano XL may be used for darker skin tones and provides virtually painless treatments. The Harmony XL may be used for finer hair. Both lasers target pigment or colour in the hair follicle to permanently remove hair. Pigmented lesions such as freckles or moles may lose their colour if they are lasered.

Hair grows in cycles and the lasers can only remove anagen or “actively growing” hair. Hair in the regression (catagen) phase or resting (telogen) phase is not sensitive to the laser. The length of the whole growth cycle, from anagen to catagen to telogen, can last **4 to 12 months** depending on the location of the hair. Multiple treatments (average of 6, some require more) are needed at regularly spaced intervals, **4 to 6 weeks** apart, to treat all of the hair in a treatment area for significant reduction of hair growth. A successful outcome is indicated by a **60 to 80%** temporary hair loss at **2 to 3 weeks** after your treatment. Only **10-20%** of this will be permanent. After multiple treatments, hair reduction is considered permanent when a significant amount of hair does not return for a period of time longer than the complete growth cycle. A yearly maintenance session may be required to maintain your smooth, hairless skin.

Possible side effects and complications of laser hair removal commonly include **itching, redness** and **swelling** around the mouth of the follicle for up to 3 days, **bruising, pain, tingling** or a **feeling of numbness** in the area. Rarely, **crusting, scabbing, ingrown hairs, infection or pigment changes** (which can be temporary or permanent) can also occur. **Eye damage** can occur if protective eyewear is not worn.

Laser hair removal is not recommended if you are pregnant or breastfeeding, have a light sensitive disorder such as porphyria or light-triggered seizures. Certain medications such as thiazides (for high blood pressure), certain antibiotics (such as tetracyclines, fluoroquinolones, griseofulvin or sulphonamides), sulfonyleureas (used to treat diabetes) and phenothiazines (used to treat certain emotional or sleep problems), Accutane, Gold therapy, St John's Wort and Ginkgo Biloba may increase your risk of side effects.

Optional treatments for unwanted hair include shaving, waxing, plucking, sugaring or electrolysis. All of our treatments are enhanced by a proper skincare regimen, a good quality SPF product and by maintaining a healthy lifestyle. U Cosmetic has chosen a range of specific medical grade skincare products that complement all of our procedures and can prolong results of many treatments. Please ask about a skincare consult if you are interested.

Prior to treatment you should/may:

- avoid the sun/tanning beds for **4 to 6 weeks** before and after treatments. Tanned and dark skin is at a higher risk of burning, hyperpigmentation or hypopigmentation with laser treatments. This may last 3 to 6 months or be permanent.
- discontinue artificial tanning products for at least **2 weeks** prior to laser treatments.
- expect test patch treatment if you have darker or sensitive skin before your treatment series begins.
- avoid bleaching, waxing, plucking or tweezing hair for **6 weeks** and depilatory creams for **4 weeks** prior to treatment. Shaving or trimming is acceptable.
- shave **1 day** prior to your laser treatment.
- apply numbing cream **1 hour** before the treatment sparingly on small areas.
- start prophylactic antiviral medication if you have a history of cold or genital sores.
- be off Accutane or Gold therapy for **6 months** prior to starting laser treatments.
- avoid irritants (Retin-A, glycolics....) for **7 days** before and after treatments.
- notify at consultation or at your treatment appointment if you have an important upcoming event.

After treatment you will/may/should:

- notice immediately some **redness** and **swelling** at the treatment site. This is an expected side effect, can last for **2 to 3 hours** or more and feel like a sunburn. Apply ice or Pro-Derm Hydrogel after treatment.
- use mineral makeup immediately after treatment unless there is blistering.
- apply Fucidin H antibiotic ointment and keep the area moist if there is blistering or crusting. Do not pick at the treated areas especially if there is blistering or irritation.
- notice your hair may seem to be “growing”. This is not new hair growth; it is the hair that was in the follicle when it was treated. Approximately **14 to 21 days** after treatment, the treated hair will emerge and fall out. This is normal. Avoid shaving the area. You can remove this hair with gentle scrubbing.
- have a hair free period starting **2 -3 weeks** after your treatment. If you have significant tufts of hair remaining after 3 weeks do not shave. We need to see the areas of hair growth for re-treatment.
- avoid exercise for the first **24 hours**. Sweat may increase irritation caused by the laser.
- avoid sun exposure/tanning beds to reduce the risk of side effects after laser treatments. Use sunscreen throughout the course of treatment.
- avoid hot water on the treated area until irritation or sensitivity subsides.
- call for an appointment at the first sign of re-growth or if you do not have a hair-free period in **2 to 3 weeks**. This is the best time for re-treatment. Facial hair follow-up should be every **4 weeks** and body hair follow-up should be every **2 months**. Hair re-growth should become finer and lighter after each treatment.
- not use any form of hair removal other than shaving between appointments.
- contact the clinic at anytime if you have questions or concerns about your treatment. We are here to help you and want your experience to be a pleasant one.

love being U