



Laser Hair Removal using the Candela GentleLase Laser

Laser hair removal is a safe, quick and cost effective method of permanently reducing unwanted hair on most parts of the body. A thorough consultation will be given and you will be asked to sign a consent form for treatment and fill out a medical history form. Treatment will be explained, predicted outcome discussed, how many treatments needed and any questions you wish to ask. Any personal information collected is confidential and kept only for your treatment record.

How does it work?

At BMLC we use the Candela gentlelase alexandrite laser. It has a dynamic cooling device (DCD) that cools the skin with a cryogen spray on contact making the treatment quite comfortable. Laser emits a coherent or single wavelength of light therefore selectively heating and destroying the hair root. The laser emits a 'burst of light that is absorbed by the melanin in the hair. This energy is converted to heat and destroys the hair root leaving the surrounding skin unaffected.

Is it permanent?

Laser hair removal is successful for most clients. If treatments are done regularly, 6-8 treatments 4-6 weeks apart clients usually find that 80-90% of the hair will be permanently removed. This also depends on the colour of the hair, the darker the hair, the better the result. Blonde, grey or red hair cannot be treated. Tanned skin cannot be treated and it is essential to avoid sun exposure, fake tan and solariums for at least 2 weeks before and after treatment of the area to be treated. As all clients respond differently to the effectiveness of laser hair removal, results cannot be guaranteed. We will discuss with you at consultation the expected outcome of your laser hair removal treatments, how many visits will be needed, pre and post care and possible side effects.

Why do I need so many visits?

Normally 6-8 treatments 4-6 weeks apart are required. The hair needs to be targeted in its anagen or growth stage to be effectively destroyed. Only about 20% of body hair is in the anagen stage at one time. Over time hair follicles can sometimes repair or dormant follicles can be activated and maintenance treatments may occasionally be needed.

Does it hurt?

The procedure is usually tolerated well by most clients and is quite comfortable, the feeling has been compared to a 'flick of a rubber band with some heat' The DCD cooling system makes Gentlelase a very well tolerated laser for hair removal.

Immediately following the treatment the area may be red and slightly swollen, this is a desired result and may look similar to 'red goosebumps' or similar to after waxing. This will subside within a few hours, aloe vera and or ice packs will calm the area.

Are there any side effects?

Redness and slight swelling (this is a desired effect), slight burning sensation (subsides within a few hours), changes in pigmentation of the skin are rare, burns also are rare but usually superficial. Hyperpigmentation (darkening of the skin) or hypopigmentation (lightening of the skin) this is usually transient. Laser hair removal is not known to cause cell mutation.

What should I do before treatment?

It is essential to avoid sun exposure, fake tan, spray tan and solarium exposure to the area to be treated for at least 2 weeks before and after laser treatments. Do not wax, tweeze or use an epilator for 4 weeks before treatment. The area can be shaved or use a depilatory cream the day before treatment, hair needs to be short to be effectively treated.

Post treatment information will be given to you after your laser treatment.