



## LASER HAIR REMOVAL FAQ's

### How does the laser hair removal treatment work?

Nova's laser hair treatment is a method of permanent hair removal, which uses a flash of light to destroy the hair follicle. This method is safer and more effective than traditional techniques including waxing, electrolysis, tweezing, shaving and hair dissolving solutions.

### Does laser hair removal permanently remove all hair?

Although most hair can be treated, not all hair can be permanently removed. Other spas and clinics which offer hair removal services may advertise completely permanent hair removal, but laser hair treatment is not an exact science with perfectly predictable results. Nova's laser hair removal treatment has the power to cause significant hair reduction. You can expect at least 90 percent permanent hair removal after multiple treatments. Laser treatments can also result in lightened hair color and decreased hair thickness. Laser hair removal results depend largely on the patient; it works best on dark, coarse hair, since the darker colors attract the most laser energy. Blonde or fine hair does not attract as much energy and may not respond as well to treatment. Laser hair removal is not as effective with young or pregnant patients, due to high hormone levels; laser procedures only target the hair itself, not the patient hormone level. Our doctors can consult with you about what would be most successful for you.

### How many treatments are needed for best results?

The number of needed treatments depends on your hair color, texture, skin tone, body area, and your body's response to the treatment. In most cases, 5 treatments are required. achieve the best results, followed by touchup treatments over time. Multiple treatments are needed because laser hair removal is most effective for hair, which is in the "anagen phase" of hair growth. Since hair grows in cycles, not all of the hairs are in this phase at any given time.

### What areas of the body can be treated?

Laser hair removal can be performed on any part of the body. Keep in mind, however, that hair may respond differently on the various areas. Therefore, combined treatments with more than one type of laser may be needed to achieve the best possible result.

### Does the laser treatment also help with ingrown hairs?

Yes! Laser hair removal is the perfect solution for folliculitis, also known as ingrown hair. This condition is not only irritating, but also painful. Ingrown hairs are often the

cause of unsightly red bumps that develop on the surface of the skin. For men, ingrown hairs often occur in their beard area and neck. For women, the most troublesome spots are often the bikini area and the legs. Because laser hair removal targets hair at the follicle, it eliminates the problem of ingrown hair at its root.

### What are the side effects of laser hair removal?

Immediately following the treatment, some people develop mild redness and swelling in the treated area. This can last from a few hours to two or three days. Rarely, people develop inflammation and blistering. Changes in skin pigmentation may occur in rare instances, though this side effect can generally be avoided by protecting treated areas from sun exposure directly before and after treatment. Scarring is a rare complication of laser hair removal.

### How do I prepare for laser hair removal treatment?

When you schedule your laser hair removal appointment, plan on not plucking, waxing, bleaching, or using any other method of hair removal that pulls the hair from its roots for at least a month prior to treatment. Remember, the hair must be present in the hair follicle to be treated adequately. The treatment area should be shaved approximately two days prior to your appointment so that the hair is visible, but not long.

Also, it is important to avoid sun exposure and sunless tanning products for at least two weeks prior to treatment, and two weeks following treatment, until the treated area has returned to normal color. Darkening your skin will affect your treatment and increase the risk of blistering, uneven pigmentation, and scarring.

### Is laser hair removal treatment painful?

The laser's settings (and associated discomfort) will vary depending on your hair type and skin tone. However, many patients describe the sensation as feeling like a rubber band snapping quickly on the skin. The sensation of heat is minimized during treatment with both ice and a skin cooling device. In addition, a topical numbing agent may be applied to the area 30 minutes prior to treatment to decrease discomfort.

### What happens following the laser hair removal treatment?

Cooling gel or ice may be applied to the treated area to reduce redness, stinging, and swelling. Successfully treated hairs will stop growing but may take a few weeks to fall out. The process can be expedited by shaving, waxing, or gently exfoliating the treated area 24 hours after treatment. Also, avoid sun exposure for at least two weeks to prevent brown blotches from appearing on your treated skin.