



## GentleMax Pro™ LASER HAIR REMOVAL INFORMATION

Laser hair removal is a long-term treatment for the management of unwanted hair. It is a simple procedure with very few side effects; most patients would feel comfortable having the procedure on their lunch break and then returning to work. The laser will only target dark hair so patients with blonde, red or grey follicles cannot be treated successfully with this method.

### How does GentleMax Pro™ laser hair removal work?

The GentleMax Pro™ is the gold standard for laser hair removal. It is a dual wavelength laser that combines a 755nm Alexandrite laser and a 1064nm Nd:YAG laser so it is suitable for a range of skin types including darker skin types. The laser emits a powerful beam of light that passes harmlessly through the skin and is absorbed by the hair follicle. By selectively absorbing the laser energy, the hair follicles are disabled, impairing their ability to grow hair.

The hair growth cycle consists of three stages: the growing (anagen) phase, transition (catagen) phase and resting (telogen) phase. The laser works by affecting the hair follicles which are in the growing phase, not all of the hairs are in this phase at the same time therefore a number of treatments are needed. Usually we recommend 6-10 treatments on average, the intervals vary depending on the hair growth cycles specific to the different parts of the body.

### What to expect during treatment?

The laser treatment is generally very well tolerated, it feels like a flick of a rubber band and can feel tingly and hot immediately after. Discomfort may be managed with application of a cold compress or topical soothing agents but settles quickly post treatment.

### Adverse reactions that may occur

Side effects and reactions are rare especially if following aftercare instructions properly and avoiding sun exposure pre and post treatment but can include:

- Discolouration (A temporary increase or decrease in skin colour) may occur; this usually reverts to normal colour over weeks or occasionally months.
- Redness and swelling (histamine response) lasting longer than 48 hours is unlikely.
- Burns, infection, scarring, bruising and pigmentation are highly unusual but is a possibility with any laser system.

### Before the treatment

- Do not wax pluck or bleach the hair to be treated
- Shave hair to the skin level, generally the day prior to treatment is advised.
- Do not wear makeup, deodorant, sunscreen or moisturiser with sunscreen on the day of treatment if possible, specifically to the area being treated
- AVOID SUN EXPOSURE AND FAKE TANS

### After the treatment

- After the treatment, the area may be red and some swelling around the hair follicles may occur, this should settle by the following day.
- Keep the area cool by applying cool packs and/or aloe vera as needed.
- If the treated area becomes itchy, take an antihistamine from the chemist (eg. Telfast, Claratyne, Zyrtec).
- Avoid sun exposure for a minimum of 2 weeks post treatment, sensible sun protection must be followed thereafter.
- Hairs can take up to 3 weeks to shed depending on the area treated.

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