

Laser Hair Removal

Laser hair removal is one of the most common cosmetic procedures worldwide. When the appropriate equipment and expertise is in place, it is also one of the safest and most effective treatments.

The Salisbury Laser Clinic has treated thousands of patients with unwanted hair for both medical and cosmetic reasons.

HOW THE TREATMENT WORKS

Our clinic uses either an Alexandrite or an Nd:YAG laser as these provide the most effective and safe treatments for all skin types. Laser light shines onto your skin and is absorbed by the melanin in the hair. This energy targets these unwanted hair follicles by damaging the hair root. The hairs may be removed immediately, or may come out after a few days. If the treatment is effective, the hairs may not regrow or may be significantly reduced. The treatment only works on hair follicles in the correct phase of their growth cycle. Repeat treatments are necessary to ensure that all follicles are treated. These are often monthly at first and may become six monthly or annually.

BEFORE YOUR APPOINTMENT

- You should not wax, tweeze, bleach or have electrolysis for at least two weeks before laser hair removal. A growth of 1 – 2 mm is ideal for laser hair removal.

- If you have a suntan or an artificial tan, it may be necessary to delay or re-arrange your appointment.
- If you have a cold sore or other skin infection in the area to be treated, please inform a member of the Laser Clinic staff as treatment must be delayed until the area is completely healed.
- If you wear make-up, please bring along the lotions you use to remove it.
- If the area to be treated is on your leg, please wear loose trousers or a skirt. Tight clothes, like jeans, may irritate the area after treatment.

WHAT WILL HAPPEN ON THE DAY?

- When you arrive, you will meet a member of the Laser Clinic staff, who will explain the treatment to you.
- On your first visit we usually carry out a small test patch. At your next appointment, about 4 - 6 weeks later, we may adjust the laser settings to achieve the best result for you.
- Photographs may be taken to monitor the progress of your treatment.
- Everyone in the treatment room must wear protective eyewear when the laser is being used.
- Each pulse of laser light feels like the flick of an elastic band. Most patients do not find the treatment too painful. We use a cold air system, which cools your skin during treatment to ease any discomfort.
- Our maximum appointment time is 1 hour. This helps to ensure against fatigue for the laser operator and also reduces the

chances of adverse effects. Treatment of a large area may still result in mild flu-like symptoms for some people for up to 24 hours after treatment.

AFTER LASER TREATMENT

- Immediately after treatment, the area will feel hot. Sometimes there may be swollen circles the size of the laser spot. The area can be cooled using cold compresses.
- Occasionally there may be some mild scabbing and weeping, which could last up to a week.
- If the treated area is sore, you can take a painkiller such as paracetamol. Please read and follow the patient information leaflet in the packet.
- The risk of scarring or skin damage is very low. Please try not to scratch, knock or rub the treated area after treatment in order to further reduce this risk.
- Avoid exposure to the sun until the treated area has returned to normal, and then frequently apply high factor sun cream (SPF30 or above).
- Do not use any lotions or make-up on the treated areas until they have healed. A little non-scented moisturiser may be used if the area becomes dry.
- Laser treatment may make the underlying skin colour darker or lighter. Any darkening, due to formation of brown skin pigment, usually fades over 6 - 12 months. If the skin is made paler, this may be permanent.
- Occasionally, hair regrowth may be patchy after one or two treatments. This is normal and should not persist over a course of treatments.

Cancellations made within two weeks of an appointment often result in empty appointment slots as these are very difficult to fill at such short notice.

If you cannot keep your appointment, please notify us as soon as possible

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If you need this information in another language or medium (audio, large print, etc) please contact the Customer Care Team on 0800 374 208 email: customer-care@salisbury.nhs.uk.

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

The evidence used in the preparation of this leaflet is available on request. Please email patient.information@salisbury.nhs.uk if you would like a reference list.



Welcome to The Salisbury Laser Clinic

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Hair Control Laser Clinic

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information

THE SALISBURY
Laser Clinic
Treating skin since 1982

