

DERMATOLOGY ASSOCIATES

*of Central NJ*

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## DSL (IPL) LASER: LASER HAIR REMOVAL

Dermatology Associates of Central New Jersey

3548 Route 9 South, Old Bridge, NJ 08857

Dermatologyassociatesnj.com

If you have any questions regarding your procedure, please reach us at **732-679-6300**

An **Intense Pulsed Light (IPL) treatment** is a laser that utilizes both radio frequency and light to achieve hair removal. The laser works by pulsing light into the hair follicle, where the light is absorbed by the melanin in the hair shaft, which will then dissipate the heat into the follicle. This laser will only work on dark pigmented hair, the laser works by absorbing the melanin in the hair root to heat it to destruction. Blonde, gray, or red hair will not have the same absorption and will be ineffective. It is also important to remember that the body has dormant or inactive follicles that can be triggered later in life, due to things like stress or menopause, therefore, we can't guarantee the hair will be gone indefinitely. After each session, you should see a noticeable difference in hair density and less hair growth. Best results can be seen in **6 sessions**, with touch ups at 6 months or 1 year. Patients can expect to achieve about 80% of hair reduction, although every patient is different. This laser is best suited for lighter skin tones, please check with the provider to see if you would be a good candidate. **You should schedule your appointment every 4 weeks for facial areas, 6 weeks for the torso, and 8 weeks for below the waist.**

**EXPECTATIONS:** This type of laser is very well tolerated by patients, and most experience little to no discomfort. Some have compared it to a rubber band snapping against the skin. Upon request, we are able to offer numbing cream for an additional fee, although it is usually not needed by most patients.

### **PRE-PROCEDURE INSTRUCTIONS:**

- ❖ Avoid tanning or sun exposure to the area at least 2 weeks before and after your procedure. This includes any form of self-tanning. Tanning will decrease the color differences between the pigmented lesions and the surrounding skin, which could make the treatment less effective and increases the potential for a superficial burn. You will need to wear **at least 30 SPF and reapply at least every 2 hours for two weeks before and after the procedure.**
- ❖ Please **shave the treatment area just prior to your procedure!** We will not be able to perform the treatment if the area is not shaved. This is so the laser energy will be absorbed entirely into the hair root.
- ❖ **Do not wax, tweeze, or remove the hair follicle** within **4 weeks** of each treatment session
- ❖ If treating the underarms, please remove all antiperspirant products prior to your visit
- ❖ As applicable, due to increased sensitivity, if your treatment is due to take place during your menstrual cycle, please contact our office to reschedule.
- ❖ Discontinue any photosensitizing medications (such as tetracycline, doxycycline, minocycline, St. John's wort) at least 1 month prior to the procedure.
- ❖ If you have a history of herpes simplex, be sure to let your provider know in order to prescribe pre-treatment as the light can trigger a flare.
- ❖ Discontinue all exfoliating, anti-aging, acne products, hydroxyacids (glycolic acid, Lac-hydrin, ammonium lactate), retinols, tretinoin (Retin A, Atralin, Tazorac, Renova, Differin), hydroquinone at least 7 days prior to the procedure.
- ❖ Discontinue use of Efudez, Carac, Solaraze, Aldara, or Picato at least 4 weeks prior to your treatment.
- ❖ You may continue to take aspirin as a blood thinner, but be aware you may experience more bruising and swelling.
- ❖ You may not be a candidate if: history of seizures, pregnant or breast feeding, Accutane within the last 6 months, history of keloids or hypertrophic scar formation, active infection, pacemaker or defibrillator, poorly controlled diabetes, Coumadin or Warfarin use
- ❖ You should wait at least 2 weeks after Botox injection, and should not have any filler in the treatment area
- ❖ **Arrive at least 20 minutes** prior to your scheduled procedure, so we may apply a topical numbing cream if you desire.

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### **POST-PROCEDURE INSTRUCTIONS:**

- ❖ Immediately after the procedure, you might feel like you have a mild sunburn, and the skin will be red and blotchy. This will gradually fade in the next 1-2 days, and usually does not involve any social downtime.
- ❖ Within the first 24 hours if you experience any discomfort, you may take Tylenol, Motrin, or Aleve as directed.
- ❖ You may notice peeling/flaking, redness, or swelling of the treatment area, this is normal and to be expected. Remember the response may differ in every patient, this does not need to occur for the treatment to be effective.
- ❖ If the axillae was treated, use a powder, instead of deodorant, for 24 hours after the treatment to minimize any irritation
- ❖ Allow 7-14 days post treatment for surface hair to shed
- ❖ On average, patients can expect a 20-30% reduction in regrowth after each treatment
- ❖ Do not use any hair removal products (waxing or creams) during the entirety of your treatments, however, we do encourage shaving.
- ❖ You may bathe and shower as usual, although you may be sensitive to extreme temperatures.
- ❖ Avoid aggressive scrubbing or use of exfoliants during the first 7 days after treatment.
- ❖ You may apply topical antibiotic ointment, like Aquaphor, to the area for the first 3 days. Use a very mild, gentle cleanser on your face for the following two weeks after treatment.
- ❖ Makeup may be used after the procedure as usual
- ❖ You may resume facial products 7 days after treatment.
- ❖ Be sure to use 30 SPF sunscreen (reapply every two hours) at a minimum of two weeks after the procedure.
- ❖ Drink plenty of water.