



Parker Med Spa
Laser Hair Removal

CANDELA GENTLELASE PLUS is our primary hair removal laser. It is No. 1 on the market for permanency on light skin and dark hair. The laser picks up on the hair color, travels to the root, and eventually eliminates the hair at the base. The average is ten to twelve visits. There are three stages of growth per hair and sometimes are multiple hairs per follicle. For effective hair removal, each root must be killed during its “active growth stage.” This is why you must be treated as your clinician states.

An IPL system PHASER EPL*, from Wales, is the modality used for light colored hair, i.e. red, blonde and grey. The average treatments are twelve to twenty visits. The difference in the machines is the depth at which the heat penetrates. Our EPL kills blood flow. **(This is not as effective as the Candela. However, it is your only option short of electrolysis.)**

If you get any sort of color (sunburn, tan, etc.) between treatments, you MUST advise the laser technician so your treatment can be adjusted accordingly. Remember, lasers and IPL’s pick up on color, wherein the darker pigmentation will take the heat away from the designated target, which can then be absorbed into the skin, running the risk of possible burns.

Additional Facts and Information

- Please shave the day *prior* to your first treatment.
- For 95% of the population laser hair removal is PERMANENT. Some cases may require more than the average number of treatments in order to see the efficacy of laser hair removal. We have been in the laser business since 1998, in that time we have seen 5% of the population which sees diminished hair growth but requires more and sometimes consistent treatments.
- The heat follows the dark hair into its follicle and to its root. If the skin is light (in color), there is nothing else (color-wise) to absorb the heat. So, one hundred percent of the heat is killing the root.
- When your skin is darker, the heat of the laser must be turned down in order to prevent any burning or damage. This will, however, increase the number of treatments. The function of the laser is to look for melanin/pigmentation; the darker or more tan you become can increase your chances of burning and hyper/hypo-pigmenting (dark or white spots), so the laser will require a decrease in heat.
- If you have lighter hair, we will utilize the PHASER EPL*. This works by stopping the blood flow to the follicles rather than pinpointing color. There are

more treatments necessary with this laser (typically twenty treatments, once every four weeks), and it takes three to four treatments before you will see diminished hair growth. Results are not immediate. After treatment with the Phaser EPL you should tweeze or wax that area.

- If you are itchy following your treatment, antihistamines such as Benadryl have been known to help.
- Numbing Cream, Tylenol, and Advil are viable pain prevention options that can be used prior to your visit. **CONSULT YOUR DOCTOR BEFORE TAKING ANY MEDICATIONS.** Both Advil and Tylenol can be taken 30-45 minutes prior to your visit. Advil affects the tissue itself, and Tylenol affects brain nerve receptors.
- After the first few dark hair treatments, you may have areas looking like “blackheads”. This is indicative of the treated area, and the dead hair being pushed out of the skin. Seven to ten days after your treatment, use a loofah or exfoliating glove and gently rub the area. **DO NOT** rub yourself raw to extract remaining hairs; they will come out when they are ready. Normally after two to three sessions the aforementioned areas will be gone for good considering you are maintaining consistency with treatment protocol.
- The breast, face, and stomach are hormonal areas, and are treated on an “as-needed” basis. **YOU MUST COME IN AS SOON AS THE HAIR BREAKS THROUGH THE SKIN.** This time frame is typically every four to six weeks.
- **ALL OTHER HAIR GROWS IN APPROXIMATELY THREE WEEK CYCLES.** It is important to come in as your Laser Technician tells you. Inconsistency in treatments can cause the number of overall treatments to increase.
- **DO NOT** use deodorant for 24 hours after underarm treatments.
- Once you are on an “as-needed” basis, it is important to come in as soon as you see hair protruding from the skin. The root is now at its weak point and can be more easily and effectively eradicated at its root. The longer the hair remains in the follicle without treatment, the stronger the root becomes. Waiting on future treatment runs the risk of missing the window in which the root can be most effectively treated.
- Some areas (at regular price, *not sale price*) may decrease in cost after ten treatments as long as you have been maintaining the Laser Technician’s instructions. Deviations and non-compliance of instructions and care will not receive any discounts or price reduction.

If you have any questions or concerns, please do not hesitate to call us.

Thank you for choosing Parker Med Spa

www.parkermedspa.com

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