

Laser hair removal

An alternative to threading, waxing and bleaching

The next time you want to go for a lunch or for a relaxing swim, you don't have to worry about hair on your under arm, legs and arms. Waxing, threading or bleaching body hair is a thing of the past. Laser hair removal is faster, reliable and permanent. Laser equipments are safe, FDA approved but you need to know that there are many machines in the market so what might work for your friend might not be right for you! While the Ruby and Alexandrite are not advisable for Asian skin colour, Diode has good results but needs to be used with caution on darker and tanned skins. The Ndyag System can be used safely on all skin types.

How do lasers work?

■ Laser hair removal is always a medically assisted procedure. Lasers work on the colour of the hair as well as its thickness. An

ideal candidate would be someone with thick dark hair and light to wheatish skin colour. Darker people can benefit but need a safer technology as they have a higher risk of side effects. People with white and lighter hair benefit less or none from the lasers and should opt for Electrolysis.

How many treatments will one need?

■ Around six to eight treatments are usually required. About 10-25 per cent reduction in hair growth can be expected with each treatment.

Does it hurt?

■ You feel like the snapping of a rubber band or a hot pin but newer lasers have an inbuilt cooling mechanism, which makes the treatment comfortable.

Any side effects?

■ In trained hands the side effects would be minimal to none. There may be some see redness, swelling, boils and, very rarely, scarring. Hence, you need post treatment care and support. This is where the dermatologist or doctor comes in. Remember, you paid for this kind of support



Dr Geeta Oberoi

How to prevent side effects?

■ A patch test can be done for sensitive or darker skin patients. Ensure that the clinic you choose has trained dermatologists or physicians and certified nurses trained to use equipment. Pre-screening of patients is done only by dermatologists/ trained doctors. Ask as many questions as you have before starting the treatment.

Any age restriction?

■ If you are above 18 you could benefit from laser hair removal. Younger girls can be hair-free within a year.

What results should one expect?

■ A reduction in the density and thickness of the hair in the treated area. After completion of the treatment, long term hair reduction could be achieved. As with any treatment, there are people that fall in the grey zone — people with hormonal problems, light hair growth, or white hair. Those with previous failed laser treatments need to be evaluated before they spend large sums of money on these treatments.

Write in to Dr Geeta Oberoi at: info@skinandyou.in

For appointments SMS : 9820082043 or call: 2282 5555/ 4315 4000/ 2284 3000

Visit Skin & You Clinic at : www.skinandyou.in

By appointment only