## Laser Hair Removal

# Our state of the art "Soprano Ice" Laser Machine:

"Soprano Ice" is the latest and most trendsetting procedure to permanently reduce hair for men and women. Our FDA approved and patented "in- motion" laser hair removal medical device is fast, effective, and virtually painless compared to past generations of energy devices. "Soprano Ice" is so much more comfortable, that most patients do not even use numbing cream before a treatment.

#### What to expect:

Laser hair removal usually takes a series of 5 treatments spaced 4 to 8 weeks apart, depending on the area and individual. The skin is cooled by contact with the applicator. Laser energy is absorbed by the melanin in the hair shaft that travels down to heat and kill cells around the hair follicle bulb. This results in permanent hair reduction. A transient pink skin flush or hair follicle swelling may appear immediately following the treatment. This usually resolves in minutes to hours. After a series of treatments you can expect a 70 to 90+ percent permanent hair reduction. You should maintain good sun protection in the treated area.

## **DO** before your treatment:

Shave the area within 24 hours; it is important to remove all hair stubble for the best results.

Remove any lotion, sunscreen, deodorant or makeup on the skin to be treated.

Patients with a history of herpes outbreaks in the treatment area should take their usual preventive anti-viral medication prior to treatment and continue for 3 days.

Ask for cooling and/or numbing cream if NOT having the "in-motion" laser treatment

Identify and isolate any tattoos near the planned treatment areas.

Allow extra time for a "skin test" if this is your first treatment.

Let us know if you are allergic to the ultrasound gel, which is applied to your skin for contact to the device.

## **AVOID** before your treatment:

NO sun or getting tanned skin in the treatment area, or wait one month before treatment.

NO waxing, plucking, threading, bleaching or chemical depilatories 6 weeks before treatments.

NO facial skin peels for 2 weeks prior to laser hair removal of the face.

NO medications like Retin-A for two days prior to treatment.

NO Accutane for 6 months prior to treatment.

Wait if planning prolonged sun exposure after treatment. SEP

Wait if you have had artificial tanning during the last 48 hours.

Wait 2 weeks after any collagen injections.

#### RISKS:

There is a small risk of adverse reactions, like blistering, burns, or pigmentation of the skin.

#### **Hair Growth**

Hair growth is greatly affected by hormones and genetics. There are 3 phases in the cycle of hair growth: anagen (the primary growth phase, where hair is susceptible to laser treatment), catagen (the end to the active growth), and telogen (the quiescent or resting phase that can last for months when hair sheds easily). Multiple treatments are needed to ensure all hairs have been treated during the sensitive phase of growth for a long-term result.

## **Options to Laser Hair Removal:**

Epilation or "plucking" can be very uncomfortable and time consuming. The trauma from plucking can lead to inflammation and hyperpigmentation or scarring. Waxing has the same risks as plucking. Depilation using a chemical to dissolve the hair may cause skin irritation. Shaving can produce skin irritation called razor or shave bumps. Hair removal laser devices have speed and are virtually pain-free. The home devices for unwanted hair are classified by the US Food and Drug Administration as cosmetic products. There is significantly much less rigorous evaluation of safety and efficacy prior to commercial distribution. Electrolysis involves inserting a very fine needle into the hair follicle and applying an electrical current. It is very time consuming, painful and dependent on technical skills. Regrowth is common.

Our certified staff of MD, PA and RNs are experts in laser hair removal for the face and body. We are committed to your comfort, results and safety. Call us at 415-405-0200 or email <a href="mailto:aestheticpopup@gmail.com">aestheticpopup@gmail.com</a> to schedule a free consultation and demonstration.

Pearl W. Yee, M.D. Inc. / Aesthetic Pop-Up Patient Information 9.1.18