

Typical Treatment Interval

Face: 1-2 months between sessions

Axilla, Arms, Breast, Bikini:

2-3 months between sessions

Legs: 3 months between sessions

-Earlier sessions decrease efficacy

How Many Treatments Are Required?

This varies depending upon your hair color and location on the body. One should plan on at least six sessions lasting 10-30 minutes each. Sessions can be spaced out longer and longer with each treatment as less and less hair should be returning.

You may experience some short-term side effects. These may include slight reddening of the skin, local swelling that goes away within a few days. Hyper- and hypo-pigmentation can occur.

-You can resume work and all regular activities the same day. However, you should limit sun exposure and use sunscreen and moisturizer.

-If crusting occurs, cerave or cetaphil cream or Vaseline ointment should be used a minimum of 3 times per day.

-Most people and **ALL** skin types can be treated with the **DSL** diode laser using ELOS technology with contact cooling and the **Max R** and **LUX Rs**. However, it is essential to avoid tanning, plucking or pulling for at least 2 weeks prior to each treatment...if not longer. These actions will reduce the efficacy/results of each session. All therapies are reduced with tanning and increase burning risk.

-Permanent hair reduction is the goal and maintenance sessions may be necessary every 6-12 months after the initial 6 sessions.

-Biggest risks to desired results/treatment outcome: Photosensitive medications, photosensitive diseases, tanning, plucking, pulling, chemical depilatory actions and permanent make up.

-Several photosensitive agents are being studied to increase hair removal therapy including eosin gel, silver particles, and other pigment agents.

Upper Lip: \$158/tx

\$400/3pk

Upper lip/lower lip/chin: \$225/tx

\$600/3pk

Ears: \$180/tx

\$475/3pk

AXILLA: \$300/tx

\$800/3pk

Neck anterior: \$300/tx

\$800/3pk

Entire Back: \$1000/tx

\$2,750/3pk

Breasts: \$250/tx

\$650/3pk

Areola: \$158/tx

\$400/3pk

Bikini line(V shaped, pubis/inner

thigh) \$258/tx

\$700/3pk

Greater Des Moines Dermatology

2424, 128th st, Urbandale, Iowa 50323

Phone 515-243-8676 Fax 515 243-0487

www.greaterdesmoinesdermatology.com

Like us: www.facebook.com

Like us: www.healthgrades.com

Like us: www.vitals.com

www.realself.com



Instagram

gdmdermatology



twitter

HAIR REMOVAL

(LASER AND IPL/BBL)

***DSL (syneron)[®]**

810 nm diode laser using Syneron ELOS

<https://candelamedical.com/na/provider/product/elos-plus>

***LUX Y (Palomar)[®]**

525 - 1200 nm Palomar

***LUX Rs (Palomar)[®]**

650 - 1200 nm Palomar

***MAX R (Palomar)**

[®] www.cynosure.com/product/palomar-icon-aesthetic-system

GDMD

Greater Des Moines Dermatology PC

Timothy Abrahamson, MD ^{5/2021}

Jake Lorsung PA-C

If you desire an alternative to waxing, shaving and plucking. Unwanted body and facial hair can now be treated with ELOS technology:

<https://candelamedical.com/na/provider/product/elos-plus>

This therapy utilizes a diode laser 810nm and radio-frequency (**DSL**). Electro light optical synergy which is more effective and can treat ALL skin types (including dark skin types)

Three other well established options are also offered which are less painful for skin types I-V and go faster. These include **Lux Y** and **Lux Rs** from Palomar Starlux system and the **MAX R** PALOMAR ICON. These both have the advantage of changing pulse width to attack the hair bulge.

www.cynosure.com/product/palomar-icon-aesthetic-system

Why Laser or IPL Therapy?

Bleaching, waxing, and tweezing are temporary solutions for battling excess hair. Electrolysis is permanent but limited response and carries elevated scarring risk over typical ELOS/laser and IPL/BBL therapy.

How Many Treatments?

Hair grows in cycles. The number of treatments required depends on your skin, hair coloring, and coarseness of the hair, and location. The face and trunk typically takes more sessions than axillary sites.

Everyone should plan on a minimum of six treatments as the process is only effective on hairs during their growing cycle (Anagen). It is impossible to treat all hairs at a single session as only a percent of hairs are ever in anagen at one time.

Repeated sessions will be necessary to treat these follicles when they re-enter the growth phase (anagen). It is usually a mistake to repeat treatment without a 1-3 month spacing depending on body site.

Most hairs will be turned to resting hairs (telogen) following each laser session which is why some hairs are missed (telogen hairs) as all hairs cannot be destroyed in a single session. Both reduction in hair and thinning of hair will be seen with each laser session. A marked falling out of hairs will occur 2-4 weeks after each session (not immediately at day of laser).

Pre-treatment

No tanning, No plucking, and No pulling of hair is advised to treatment site for **at least 2 weeks prior to therapy**. This will force hairs into the dormant state.

****Please shower with cetaphil or aveno soap before the visit.**

****Please trim or shave the treatment site before coming in for treatment.** *If the hair has not been shaved, the area may need to be shaved.*

Anesthetic Options

Pre-treatment

While most patients can tolerate therapy, topical anesthetics that are applied before coming in by 30 to 45 minutes improve discomfort substantially. Topical anesthetic are advised with DSL therapy. Generally, Lux Y, Lux Rs, and **MAX R** are better tolerated.

**** APPLY Lidocaine 4%/4ounces OTC or RX:Lidocaine 5%/50gm or RX:EMLA 30gm START 40 minutes minutes before treatment an reapply every 10 minutes**

***all on www.goodrx.com ***

DSL eMAX laser is more uncomfortable than **LUX Y, LUX Rs, and MAX R.**

Treatment

First, a cool ultrasound gel will be applied followed by the DSL, Lux Y, Lux Rs, MAX R. A flash will occur (pulse of light). When the laser light is delivered to the hair, a radio frequency heating is also occurring to the hair bulge for dual effect with the **DSL eMAX**. You may feel a mild sting or pinch similar to the snap of a rubber band. No anesthesia is required but it is recommended for added comfort with the DSL especially. The epidermis is cooled during the procedure to protect of upper skin and provide comfort. Laser light and radiofrequency penetrate the skin and disable hair follicles simultaneously via both diode laser heating in concert with radio-frequency heating (ELOS). The remaining hair in the treated area may fall out within four weeks after therapy as many not destroyed will be forced into telogen (resting phase). **ELOS Therapy:** The system's unique design offers you customized treatment according to your hair color and texture and its location on the body. The **DSL ELOS 810nm diode laser** can be used to treat all hair colors from all parts of the body including the chin, upper lip, cheeks, legs, arms, underarms, and back as well as sensitive areas like the ears, nose, chest, and bikini line as well as **All** skin types including dark skin. This laser can be used to treat pseudofolliculitis barbae.

Lux Y, Lux Rs, and Max R use intense pulsed light of varying pulse durations to treat the hair follicle while cooling the epidermis. The variable pulse length impacts hair bulge differently.

The **Lux Y** is typically used for I-III skin and **Lux Rs** and **MAX R** are for all skin types II-V.

The **DSL with RF** is typically used for fine or light colored hair or the **LUX Y** or **MAX R**.