

Fact Sheet

Laser Hair Reduction – Soprano Laser

Please read this leaflet carefully this forms the basis of your consent for treatment. If there is anything you do not understand or are concerned about please raise this during your consultation.

For many years lasers have been used with great success to treat skin problems, birthmarks, pigmentation and blemishes. It was realised through this work that lasers also had the potential for hair reduction. The reduction of unwanted body hair by laser is called laser depilation. Worldwide trials have shown the Soprano XL Laser to be a fast efficient and virtually painless hair removal system which, unlike many other lasers and light sources, can be used on a whole range of skin types. Answering a long felt market need for comfortable hair removal, the Soprano XL uses unique technology to provide a viable solution.

We hope this information sheet will help you understand more about the Soprano Laser depilation.

How does normal hair grow?

Each hair goes through three stages in its normal growth cycle

- Anagen – where the hair grows in length
- Telogen – a resting phase
- Catagen – a shedding phase where the hair falls out

In this way hairs are continually grown, shed and replaced throughout an individual's life. At any one time, different hairs will be at different stages of this growth cycle. The length of the growth cycle varies between different sites of the body and of course between individuals.

What type of laser is used at the Laserase clinic?

At Laserase Bolton we have the benefit of one of the most up to date 'state of the art' lasers currently available for hair reduction – the **Soprano XL laser**. This system launches a new era of virtually painless hair reduction. The Super Hair Removal mode, SHR, is a revolutionary new approach for improved effectiveness and comfortable hair reduction. It has been tested and proven to achieve a higher level of patient satisfaction than previous methods of depilation. We have been using lasers for depilation since 1996 and we are delighted to introduce the new **Soprano XL** system.

How does laser Hair Reduction with the Soprano XL work?

The **Soprano XL** includes both the Super hair Removal (SHR) mode for 'in motion' hair reduction and the Hair Removal (HR) mode which is a conventional diode laser mode.

The laser protects the epidermis (skin) and provides a virtual painless treatment. Re growth is much more delayed than in other laser methods. However at any particular body site only a relatively small percentage of hair is in the 'growing stage' at any one time. The laser does not destroy the hair that is in its 'dormant' stage – which may help you understand why a number of treatments are required.

What does the treatment feel like?

The clinician will apply a cold coupling gel to the area of skin to be treated and then the rectangular spot size (tip of laser hand piece) slides over your skin, so the area is covered very efficiently. The cooled sapphire window on the hand piece cools the surface of the skin effectively.

How many treatments are required?

As with any depilation method, it is not possible to be specific, but a number of treatments must be expected. The exact number will vary depending on where the hair is, what has been done to the hair in the past and, of course on the precise response of the individual. Hormonal circumstances will also have a significant bearing on how the treatment progresses.

A typical treatment protocol may be suggested which consists of four to six treatments spaced four to eight weeks apart. Patients may expect at least 90% hair reduction after five sessions. This may vary as to individual skin type and treatment response.

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Can all skin types and hair colours be treated?

The Soprano XL is suitable for all skin types, hair types and most hair colours. We have found that red hair will respond to treatment on occasions but white and grey hairs do not usually respond and therefore we would not recommend treatment in these instances.

We can treat patients with darker skin types with increased safety and without compromising efficiency.

Can all parts of the body be treated?

Yes -including the chin, upper lip, cheeks, legs, arms and back as well as sensitive areas like the ears, nose, chest and bikini line. One major benefit of the new **Soprano XL** laser is that it is ten times faster than most other lasers so even large areas like legs and backs can be treated in a fraction of the time it used to take.

Is laser hair reduction permanent?

Results vary; actively growing hair follicles can be permanently destroyed, so for some people we can say that the end result is permanent hair reduction. However, as with all depilation methods currently available, we cannot give any guarantee as the laser will only affect actively growing follicles and not dormant or 'resting' hair follicles. Therefore, it is always possible that new hair growth may take place in the future from the unaffected hair follicles. Very rarely destroyed follicles may regenerate.

As with all medical treatments it is possible that not everyone will respond to treatment. Some patients may obtain a less than average response or may not respond at all.

How does laser depilation compare with other hair reduction methods?

Shaving, waxing and depilatory creams are all temporary methods that must be repeated on a regular basis. The **Soprano XL** Laser offers much longer lasting results. Whilst electrolysis can offer permanent results it can be a tedious, invasive and painful process often requiring years of treatments. The **Soprano XL** can, in a short period of time, effectively treat, with virtually no pain, an area that would take over an hour by electrolysis.

Is the treatment painful?

This virtually painless hair reduction system is made possible by the combination of low fluence, rapid pulsing diode technology with an 'in motion' technique. The rapid pulsing capabilities of the system are enabled by the system's high average peak power, unique in the industry. This rapid pulsing makes possible a key aspect of virtually painless hair reduction 'in motion'

Most people experience no more than a slight stinging sensation. People with darker hair and skin may feel the laser slightly more as their skin will absorb more energy. In this case more attention will be paid to cooling the skin before, during and after treatment, to minimise skin reactions.

Are there any side effects?

The most common after effect is redness and mild irritation of the skin that can last for a day or so. Skin may also become fragile at the treatment site, if this happens avoid make-up or rubbing the skin in the area for approx 24 hrs. You will be given an after care advice sheet to follow.

With certain skin types changes in skin colour (either darker or lighter) can occur. This would normally settle with time although complete return to normal pigmentation cannot be guaranteed.

Because each person's skin responds differently we may carry out a careful pre-treatment test patch procedure to minimise unexpected reactions taking place during a full treatment. A charge of **£10** is made for this procedure.

Is the treatment safe?

Yes. Lasers have been used in medicine for over 30 years and there is no evidence whatsoever to suggest that the treatment can lead to skin disorders or an increased risk of skin cancer. Extensive clinical trials for laser depilation and over 10 years of experience at this clinic have resulted in a safe technique with a minimal risk of side effects. Every precaution is taken to ensure the safety of the patient. Because of the continuous wave technology, the **Soprano XL** is a much safer and predictable system.

Patients must wear protective goggles, the lasers are maintained according to a rigorous schedule and the clinic is registered and inspected by the Healthcare Commission. Your treatment will be undertaken by a doctor or nurse who

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has been trained to a very high standard in the use of lasers. All staff regularly update their clinical knowledge and skills.

Should anyone avoid this treatment?

The treatment should be avoided by anyone who is hypersensitive to light or has an outbreak of Herpes Simplex (cold sores) or vitiligo (natural loss of skin pigment). If you have the rare disorder Epidermolysis Bullosa you should avoid laser treatment. Patients with very dark skin are at greater risk of pigment changes and will be advised about the risks of treatment at the consultation. It is better to delay the treatment if you are pregnant and to advise the clinic staff if you are taking oral steroids. A full medical history will be taken prior to treatment-do raise any questions at that time. You may be excluded from treatment if you are expecting prolonged sun exposure during the upcoming month or if you have had prolonged sun exposure or artificial tanning during the last 48hrs.

Will I have to have my photograph taken?

It is recommended to take 'before and after' photographs to document the progress of your treatment. These photographs provide objective evidence because many patients are not able to assess the progress of treatment through a gradual improvement. All photographs are purely for progress evaluation and are kept securely in patient's files in accordance with the Data Protection Act.

How do I prepare myself for treatment?

The laser targets the pigment in the skin and thus it is important that you do not have a suntan – whether natural or artificial. If you have a tan you should wait four weeks until there is no activity in the pigment producing cells. If you are plucking, waxing or using hair reduction cream you should stop 1-2 weeks prior to treatment and change to shaving or cutting the hair. You should avoid perfumes, deodorants or any potential irritants in the treatment area before and after treatment. You must avoid alcohol, aspirin and non-steroidal anti-inflammatory medication for 48 hours prior to treatment. This will reduce the risk of skin reactions.

What happens immediately after treatment?

Care should always be taken to prevent trauma to the treated area for the first four to five days following treatment. Avoid hot baths, sauna, solarium, aerobic exercise, and massage. It is also advised to avoid rough sport for a few days.

You should apply a high factor sun screen (SPF 30+) and protect the treated area from exposure to direct sunlight for at least one month following treatment. Tanning after treatment may enhance melanin regeneration, which may result in hyperpigmentation.

Make-up may be applied on the day following treatment unless blistering or crusting develops. Since the skin is sensitive during this period, take special care while removing make-up to avoid damage to the skin, which can predispose the site to infection.

Avoid sun exposure and apply sun screen after and in between treatments.

Do I have to come back?

You should return to the clinic for examination of the treated area between 4-10 weeks after the treatment for additional treatment as required.

If there has been partial hair clearance, treatment should be continued and you should return between 4-6 weeks for examination and for additional treatment, if necessary.

Avoid sun exposure and apply sun screen after and in between treatments.

How much will it cost?

The cost of the treatment is dependent upon the area treated; whilst an approximate cost may be given the actual cost will be detailed within the consultation appointment.

A consultation is required before embarking on any treatment regime, test patches are also undertaken.

A parent or guardian must accompany anyone aged under 18.

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About the Clinic

Laserase Bolton has been based at Bolton Royal Hospital since 1994. Throughout we have been fully registered with the appropriate governing body, who regularly inspects our clinic. You have the reassurance that your treatment will be conducted by a fully qualified and experienced doctor or nurse. All of our doctors and nurses have extensive training and experience; they are continually updated and assessed on new techniques.

We would be delighted to tell you about any treatments we offer - visit our website: www.laserase-bolton.co.uk

For further information or to book an appointment please contact us:

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*Laserase is registered with the Care Quality Commission
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