



Pearl W. Yee, M.D. Inc.

*Obstetrics • Gynecology • Medical Aesthetics
Fertility • Menopause • Urinary Incontinence
Advanced & Minimally Invasive Female Surgery*

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Laser RF Permanent Hair Reduction Patient Information

Our Recommendation:

The most advanced method for permanent removal of unwanted hair is with the Syneron emax machine (e for elos technology), which synergizes the diode laser with radio frequency energy. When darker, coarser hair appears in places that are physically or cosmetically uncomfortable; this advanced treatment for permanent hair reduction is the best treatment available. Our recommendation is based on safety, effectiveness, comfort, speed, scientific studies, and experience.

Options of Hair Removal:

Options for laser hair removal include plucking, shaving and waxing. All of these past options are temporary, more painful and are associated with skin reactions or bothersome ingrown hairs and a daily or weekly lifelong ritual. Electrolysis is the only other effective long-term treatment for hair removal but requires numerous long visits (one laser visit equals to 25 electrolysis treatments) to clear even small are as and has more discomfort.

Hair Color and Treatment Expectations:

ELOS technology is the only machine that is also effective on blonde, red, or gray hair that traditional lasers cannot treat. All lasers are most effective with dark hair, and less dark hair will take > twice the number of treatments for results.

Your skin color also matters. The darker your skin, whether natural or by tanning, the more difficult to treat. Emax is one of the exception lasers that can be used on women of color that average lasers cannot be used on.

Advanced Laser Technology synergizes with Radio Frequency:

The emax machine produces a beam of laser pulses directly into the hair follicle melanin pigment which injures the follicle's ability to re-grow. A pulse of radio frequency is emitted after the laser to direct the effectiveness to the follicle base. We cool the skin with a special contact-cooling hand piece and the "Synercool" cold air. Most women describe the discomfort like a small rubber band snap which can be reduced with the use of numbing cream.

Hair Physiology:

The laser pulse is effective only on hairs that are in the active growing stage called anagen. Each area of your body cycles differently. Different body areas respond differently to treatment and require a different number for treatments for a similar result. Lighter skinned patients will require 3-6 treatments and darker skinned patients will require 4-8 treatments space approximately 4-12 weeks apart to achieve satisfactory results. Most patients can expect to achieve a 70-99% permanent reduction in the number of hairs following a full course of treatment. Patients may need a periodic touchup in 6 months to a year.

How to Schedule an Appointment:

1. Call our office to schedule a consultation/treatment appointment at (415) 405-0200 with our certified aesthetic nurse located at 2661 Ocean Avenue office, near the corner of 19th avenue in the Sunset district. Inform the front desk or Dr Pearl Yee regarding your interest in treatment.
2. A health questionnaire and informed consent will need to be completed. The complete payment in cash, check or credit card is required at the time of service.

3. **Prior to Treatment:**

- The area to be treated should be clean and dry without perfume, powders, lotions or deodorant.
- Do not pluck, tweeze, bleach, wax, use a depilatory or undergo electrolysis in the areas you wish to have treated for 6 weeks prior to laser removal.
- Do not tan the areas to be treated for 4 and avoid self-tanning products for 2 weeks before treatment.
- Shave your hairs the night or morning **before** treatment.
- For patients prone to **Herpes** outbreaks in area scheduled for laser treatment, we recommend that you take Valtrex 2grams in the morning and 2grams at night on the day before laser treatment.

Pre-Anesthesia:

- Laser hair removal is tolerable with or without numbing cream. We offer numbing cream for all areas and recommend numbing cream for legs, upper lips and Brazilian bikinis. If you wish to receive complementary numbing cream treatment; please arrive 30-60mins ahead of your appointment.

How Long Does Treatment Usually Take?

- Depending on the area to be treated, laser hair reduction can take only a few minutes to 40mins.

Can I Return to Work and Normal Activities Immediately?

- You can return to work and normal activities immediately. The treated site may feel like a mild sunburn for 24 hours or more. Slight redness and swelling surrounding the hair follicles is normal and usually lasts for a couple of hours, but some patients look like they have “goose bumps” in the laser treated area for a couple of days. All irritating reparations (glycolic acid, retinoids, etc.) should be avoided. Make-up can be applied to the treated area shortly after treatment.

After Treatment:

- Gently clean the area daily, “popped up” hair stubble will fall off over the following 7 days. Avoid irritants (glycolic, retinoids, etc) for seven days after treatment.
- Apply sunscreen for 6 weeks over the treat area if exposed to sun. Immediately, you will notice a less frequent need to shave the treated area. Make-up can be applied shortly following laser treatment.

How Many Treatments Will Be Required?

- Every patient is different. Timing your follow-up treatment appointment depends on the area of treatment. We recommend that you wait at least the following number of weeks before your next treatment for maximal results.

Chin/Face	4 weeks
Under arms	6 weeks
Bikini	6-8 weeks
Legs	8 weeks