

Laser Hair Reduction Frequently Asked Questions

Q: Why do I need to shave just prior to my treatment? Don't you need to see the area I want to be treated?

A: We ask you to shave so that the laser energy is absorbed entirely by the hair follicle (root). If the hair is not shaved, the hair will be singed off, which would increase the risk of a burn, as well as take up laser energy that would not get to the hair root. A: The laser technician can still see the shadow of the follicles of the shaved hair.

Q: Why must sun exposure be avoided for 6 weeks before and after treatment?

A: Melanin formation in the skin as a response to sun exposure, decreases the effectiveness of the treatment, as well as makes it more likely that the patient will experience hyperpigmentation, hypopigmentation, or blistering from the treatment.

Q: Why does the laser not work well on blonde, gray, or red hair?

A: The laser energy interacts with pigment or melanin in the hair root. These hair colors simply don't contain enough pigment for effective treatment.

Q: What kind of laser do you use and what makes your laser different from other lasers?

A: Here at RedBamboo Medi Spa, we use the Lumenis Lightsheer Diode Laser System. This system is considered "The Gold Standard" for laser hair removal. This laser uses a chilled sapphire crystal tip to cool the skin during treatment for patient comfort.

Q: Does the LightSheer work on different skin colors?

A: The LightSheer diode laser system safely and effectively treats all skin types (Fitzpatrick Skin Types I-VI). For darker skin types, the energy settings are set lower, so as to not burn the skin. Darker skin types typically will need more than 6 treatments.

Q: Are the results permanent?

A: The LightSheer laser has been cleared by the FDA for hair removal and permanent hair reduction on ALL skin types. Fitzpatrick Skin Types I-VI.

Q: How many treatments will I need?

A: Six is the AVERAGE number of treatments. Depending on your skin type, hormone fluctuations, and your own individual hair growth cycles, you may require more treatments.

Q: Does laser hair removal hurt?

A: The majority of our patients tolerate the treatment very well because of the chilled tip on our laser. There can be a mild stinging or a rubber band "snap" sensation that can be felt during your treatment. However, most patients who have waxed before report that laser hair removal isn't as painful. We do sell a 5% Lidocaine cream for those individuals that do not have a pain tolerance.

Q: Should I expect to be completely hair free in the treated area after the series of treatments?

A: Most patients experience a 80-90% reduction in the amount of hair in a given area, but should not expect to be 100% hair free. Normally there are just a few very fine hairs that are left.

Q: Why does the hair appear to still be there and look like it is growing for 1-3 weeks after my treatment?

A: The laser does not remove the hair at the time of treatment. The hair will eventually fall out or shed for approximately 1-3 weeks after the treatment.

Q: Why are my treatments spread out from about 4-6 weeks or longer?

A: Hair grows in three stages and we are trying to synchronize the hair growth to treat as many hairs as possible with each laser treatment.

Q: Can all areas of the body be treated with the laser?

A: Yes, with the exception of the eyelashes and the shaping of the eyebrows due to the proximity of the eyes and the danger of eye injury with the laser.

Q: Can I receive laser treatments if I am pregnant?

A: Here at Red Bamboo Medi Spa, we do not perform laser hair treatments on women that are pregnant.

Q: Why can't I wax, tweeze, pluck, or use depilatories just before and during my laser treatments?

A: The hair root has to be present in order for the laser to work, so if the hair has been removed with waxing, tweezing, plucking, or electrolysis, then there is nothing for the laser energy to interact with.

Laser Hair Removal Fact Sheet

Please arrive on time for your appointments, being late will require for your appt. to be rescheduled. We serve 35 laser clients a day. It is essential for you to be on time. **You MUST SHAVE the area(s) that are to be treated the day before, or the day of, your appointment time. This also applies for ladies chin, lip, face too! The technician can see the hair follicles and unlike with waxing, it is not necessary to “grow” out the hair.**

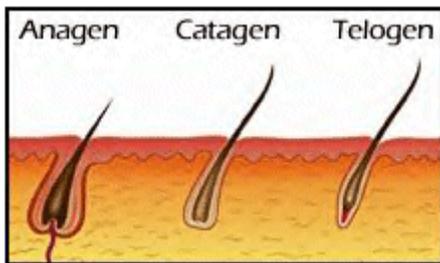
At Red Bamboo we use the Lumenis Lightsheer 810 Diode (manufactured 8/11) which is considered the “Gold Standard” for laser hair reduction. This laser can be used on ALL skin types, Fitzpatrick 1-6. This type of laser is attracted to the pigment (melanin) in the hair root. This laser has a chilled Sapphire tip for comfort.

As per the FDA, we cannot claim, advertise, or guarantee that laser hair removal is permanent or that it will get rid of 100 % of your hair. Laser hair removal rather, is considered as laser hair reduction. The reason behind this statement is that hormone fluctuations or imbalances can cause the re growth of unwanted hair. It is normal to have a few treatments and not notice much change in the reduction of hair. This is due to your own variable hair growth cycles. **Olive skins and darker skins require lower laser energy settings in order to safely remove the hair and to not burn the skin. Darker skin types can typically require more treatments of hair reduction.**

IT IS VERY IMPORTANT TO STAY OUT OF THE SUN, TO NOT USE SPRAY TANS AND TO STAY OUT OF TANNING BEDS DURING THE ENTIRE COURSE OF YOUR LASER HAIR REDUCTION TREATMENTS. PLEASE NOTIFY YOUR LASER TECH OF ANY CHANGES IN MEDICATIONS.

Typically 6 sessions may be all that is required for your laser hair removal. However, there are exceptions to this rule. Sometimes people require more sessions which is normal.

Sometimes after treatment it is normal for the treated area to look like there are intermittent spots that seem to look like they have been skipped over. The laser tech has not skipped over these areas. The hair is not growing all at the same time. The stage of hair growth, called anagen, is most susceptible to the laser energy and absorbs the energy more because it contains more pigment than the other surrounding hair, thus giving the impression of skipped spots.



It is completely normal after your treatment to have redness, welts, pain, swelling, scabbing/crusting. These symptoms DO NOT indicate laser burns. The hair follicles absorbed the laser energy and are being destroyed. A benign condition called Folliculitis may or may not happen after treatment. This may be treated with Neosporin and will heal within a week to 10 days. You may or may not get hyperpigmentation. **THIS IS NOT A LASER BURN!!** Hyper pigmentation is your skins' pigment cells protective response to the laser energy. This will resolve over time and is not a permanent condition.

If the treated area blisters (tiny fluid filled sacs appear) please call us immediately at 727-726-6100, so that our Doctor can treat you at no charge to you. Do not take a hot shower or hot bath after treatment. Do not workout or perform physical labor after treatment. It is important to keep COOL!