

IS LASER HAIR REMOVAL RIGHT FOR YOU?

BY CHRISTINA HAAG, ARNP

You pluck, shave and wax but your hair keeps growing back. Why not consider Laser Hair Removal? More than 800,000 people annually are now undergoing this highly successful and popular cosmetic procedure.

Laser Hair Removal is a non-invasive, in-office procedure. Treatment times range from 15 minutes to several hours, depending on the size of the area(s) being treated. Low energy laser is directed at the skin and is absorbed by the pigment in the hair follicles. This process heats up the hair shaft and permanently disables hair follicles from reproducing. Most people experience more than an 80% reduction in hair growth after three treatments to an area.

Success rates for Laser Hair Removal vary depending on age, skin tone, hair location, stage of hair growth, and laser type. The procedure only works while hair is actively growing, so multiple treatment sessions are required and are typically spaced approximately 8 to 12 weeks apart. Once the primary treatments are completed, some people may require “touch-up” treatments once every 6 to 12 months.

After the treatment, clients may experience some temporary redness and soreness similar to a mild sunburn, lasting from a few minutes to a few days after the procedure, but can expect to return

to normal activities immediately.

Although it is highly effective for reducing unwanted hair, Laser Hair Removal may not be for everyone. Individual consultation sessions should be made prior to receiving any treatment. The cost of treatment varies depending upon the area being treated, ranging from \$150 to \$500+ per treatment. According to the American Society of Plastic Surgeons, the average cost for a laser treatment session is \$429.

Schedule a consultation with a qualified Laser Hair Removal provider in your area to see if Laser Hair Removal is right for you!

Christina Haag is a nurse practitioner at Bedford Commons OB-GYN. She provides obstetrical and gynecological services, and is the Program and Clinical Coordinator for the cosmetic laser services department which offers hair removal, vein treatments, and photorejuvenation. For more information, call 603-668-4646 or go to www.bcog.com. ▲



Christina Haag