

## Treatment

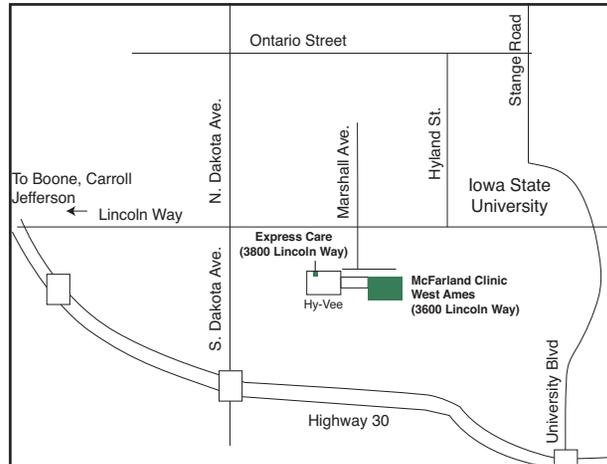
You should not use any Accutane (a prescribed oral acne medication) or gold medications (for arthritis) for six months prior to a treatment. You should not use retinoids (e.g. Retin A, Fifferin, Differin, Avita, Tazorac), alpha-hydroxy acid moisturizers, bleaching creams (hydroquinone) or chemical peels for two weeks prior to a treatment. Do not pluck the hairs, wax or use depilatories or electrolysis for six weeks prior to a treatment.

You may be asked to shave the area prior to your first treatment appointment. You may also be prescribed a topical anesthetic (numbing) cream to help reduce any discomfort the laser may cause.

**First Treatment:** The laser will be used to treat the areas by your dermatologist or one of the trained dermatology staff. Treatment times vary, depending on the size of the area to be treated. This first visit may take longer than subsequent visits, because any assessment will be made of your skin's response to the laser and adjustments made in the laser light's characteristics will be made to suit your skin type.

**Subsequent Treatments:** If you have dark skin, you may be asked to return in two to three weeks for an assessment of response. After an area is treated, you will not be treated again in the same area for two to four months to allow hairs that didn't respond to the first treatment to shift into the active growth phase so they will be susceptible to the next treatment. Other untreated areas can be treated at any time depending on the schedule recommended by your dermatologist. Follow any other specific instruction given to you by the dermatology staff.

## McFarland Clinic West Ames



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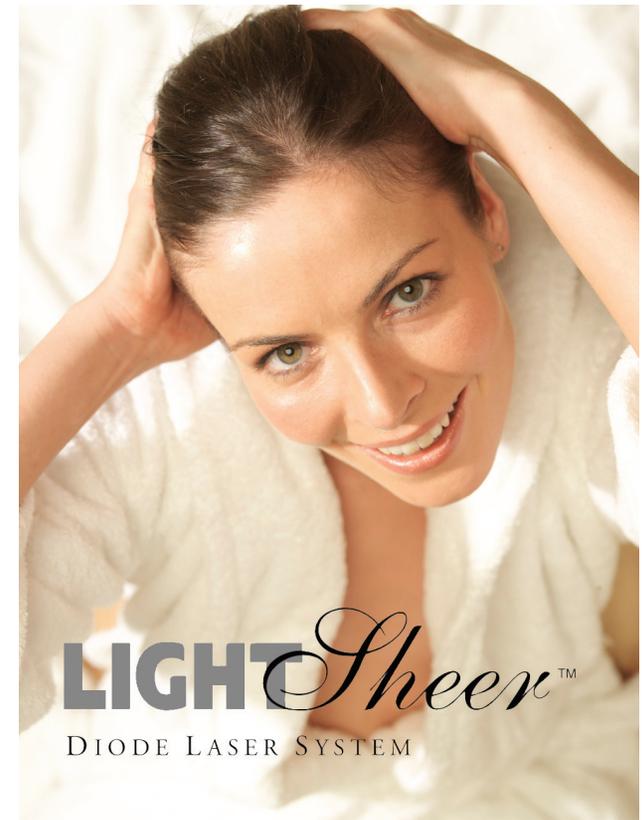
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## McFarland Clinic



## Hair Reduction by Laser



## McFarland Clinic

Extraordinary Care, Every Day

## The LightSheer™ Hair Reduction Laser

Lasers generate a special form of light energy not found in nature. The LightSheer™ laser generates light with characteristics designed to destroy hair follicles and minimize any injury to other skin structures.

The best results are obtained in patients with light skin and dark hair. These patients can expect that approximately 30% of the treated hair follicles will be permanently destroyed with each treatment, and usually show 50-75% permanent hair reduction with two or three treatments. As with most medical treatments, results vary among individuals, and no guarantees can be made regarding how any one person will respond.

The treatments must be delivered more than once because only hair follicles in the **active growth phase** of the growth cycle respond to the destructive power of the laser. Because not all follicles are in this phase at any one time, no single treatment can destroy all the follicles.

Patients with blond, gray, or white hair can expect only a partial (as low as 10%) or temporary hair reduction. Patients with pigmented skin, either from ethnic background or suntan, are at greater risk for complications such as blistering, scabbing, disruption to pigment (in other words, darker or lighter spots developing in treated areas), and overall can expect less hair reduction.

Areas that can be treated include the cheeks, chin, ears, neck, armpits, nostrils, bikini line, breasts and nipples, arms, legs and torso – virtually the entire skin surface except the area around the eyes. Because the eyes contain the same pigment as hair follicles, special eye protection must be used during the treatments.

## Expected side effects include:

- Immediate burning or itching, minor swelling and redness may occur although usually quite mild and lasting from a few hours to a few days. These are a normal part of treatment, and are evidence that the desired effect will be achieved.

- Increase or decrease in the pigment of the area may occur. If you have dark skin, you are at higher risk for pigment disruptions, such as white spots or dark spots. These may improve or disappear over time, but in some cases may be permanent.

- Blistering, scabbing or crusting may develop after the treatment; however, this is rare.

- Incomplete removal of hair

- Ingrown hairs

- Infection

- Allergy to topical medications

Cost varies depending on the size of the area to be treated and the laser time needed to complete the treatment. **These costs are not covered by any insurance plans, and you will be expected to pay for each treatment at the time of your appointment.** We accept cash, checks and major credit cards.

## What to Expect

**First visit:** An initial assessment of the areas you would like treated will be made by your dermatologist. He or she will determine the appropriateness of laser treatment, based on the characteristics of your skin, and give you an idea of how much improvement you might expect. Photos may be taken to record the distribution of hair follicles for treatment planning. Only in rare circumstances can a treatment be given during this first appointment.

Do not shave the area(s) for two weeks prior to this appointment, and avoid sun to the areas because suntan will delay your first treatment. Do not pluck any hairs for six weeks prior to treatment; if the hair has been plucked, the laser will not destroy the follicle. If you have a tan, you may be prescribed a topical agent to bleach away some of the excess pigment in the treatment area. You will be advised to use sunscreen on a daily basis, and also advised not to tan, either in natural sunlight or in a tanning booth/bed, for three months prior to a treatment.

Tell your dermatologist if you are prone to developing large scars (keloids) or have a history of cold sores, fever blisters or other herpes infections – you may be prescribed a medication to help prevent a flare-up due to laser treatment.



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