



## Spectrum Laser FAQs – 810 Diode (Permanent Hair Reduction)

### - How does HR work? -

Laser hair removal uses technology in which a beam of light is applied to unwanted hair on various parts of the body. This light is a specific wavelength that targets the melanin—the pigment in the hair that gives it color, in the hair follicle. When the light enters the follicle, it is converted to heat energy that destroys / inactivates the follicle, preventing the hair from growing again.

There are three stages of hair growth. They are: Anagen—active growth; Catagen—a brief phase in which growth stops and resting begins, and Telogen—a resting phase in which no further growth occurs. In order for laser treatments to be effective, hair must be in the active growth stage—Anagen. Because individual hairs are at different stages of growth at any given time, multiple laser treatments are required to target all of them when they are in the Anagen stage. This is the reason that each subsequent treatment must be spaced out appropriately.

### - What is an 810 Diode? -

Often referred to as the gold standard in hair removal, the Diode laser 810nm wavelength is highly reliable, has high papilla absorption, and can address a wide range of skin types, including skin types V and VI. Laser energy is selectively absorbed by melanin (brown) in the hair follicle and converted to heat, injuring the hair follicle during its growth phase to help reduction. Works best on dark black/brown hair follicles on all skin types, will not work on blonde/red/grey hairs. Studies demonstrate that the 810nm Diode's advanced Speed Technology has the industry's highest coverage rate and gives operators the ability to treat at 10 hertz (pulses) per second.

### - What is unique about an 810 Diode? -

Diode lasers for hair removal are highly effective for terminal hair reduction and is safe for all skin types, including darker skin types, due to their longer wavelength and deeper penetration.

### - What are some indications for 810 Diode? -

810nm Diode has been clinically proven to be safe and effective for hair removal. Diode lasers deliver high frequency, low fluence pulses and can be safely used on all skin types.

### - What does it do? -

Diode lasers use a single wavelength of light that has a high absorption rate in melanin. As the melanin heats up it destroys the root and blood flow to the follicle disabling the hair growth permanently. When directed at a target area, the light is absorbed by the melanin in the hair follicle. By allowing only the hair follicle to be damaged, preserving surrounding tissue will make your treatment process as comfortable as possible.

### - How does the Spectrum 810 Diode from other laser treatments? -

The 810 Diode on the Spectrum laser has built-in contact cooling to protect the surface of the skin, making the treatment a comfortable, pain-free experience for patients.

### - What to expect? -

Hair grows in cycles, making it necessary to receive a series of treatments. This varies from patient to patient. Each treatment is spaced between 4-6 weeks apart and a minimum of 6 treatments is recommended.



## **- Pre-treatment -**

Please shave 12-24 hours before (all treatments). Do not tan for two to four weeks prior (technician will advise). Remove all makeup, lotion, and deodorant. Do not wax, thread, or tweeze for two to four weeks prior. A thin layer of gel is applied to the skin to allow for a smooth glide of the handpiece. A gentle warming sensation of the skin will be apparent and very tolerable. Shave one day before treatment, do not pluck or wax. Avoid sun exposure for approximately 4 weeks prior to treatment, tanned skin has extra melanin (pigment) which attracts laser energy from targeting the hair follicle.

## **- Post-treatment -**

There is no downtime associated with this treatment and patients may resume their normal activities. Avoid picking or scratching skin, do not use any other hair removal during treatment (waxing, electrolysis, or tweezing). Wash and pat dry for 3 days and on the 4<sup>th</sup> day start gently exfoliating. SPF is always recommended post treatment. Be advised that treated hair can take one to two weeks to be excreted from the body, and to fall out. Feel free to shave between treatments. Do not wax, thread, tweeze, or use depilatory products—this will remove the hair follicles, making it impossible to remove the hair with laser. Do not exercise, take hot showers, or use hot tubs or saunas for 12-48 hours.

## **- How long does a treatment take? -**

Depends on size of area, each area can take 10-15 minutes.

## **- Will I need to take time off? -**

No, there is no downtime.

## **- When will I see results? How long do they last? -**

You can begin to see hair fall out in approximately 1-3 weeks post-treatment. Laser hair removal can only damage hair that is in its active growth stage. Although hair will appear thinner and less noticeable with just one treatment, you'll need to return for multiple follow-up appointments to see optimal results. After optimal treatment sessions of laser hair removal, you can enjoy long-lasting hair reduction. Hair removal is not 100% permanent and hormones play a role in hair growth cycles, which may decrease depending on age. Hair that comes out of being dormant after several years will need to be treated.

## **- How many treatments will I need? -**

Recommended a minimum of 6.

## **- Can I exercise? -**

Yes.

## **- Are there any side effects? -**

While extremely uncommon, adverse effects were defined as: discomfort, damage to the natural skin texture, scarring, excessive swelling, blisters, bruising.

## **- Is it safe? -**

Yes, 810 Diode for hair removal has been clinically proven to be a safe method for all skin types.

## **- How much can a procedure cost? -**

Treatment costs based on area and quantity of sessions.

## **- Who is a good candidate? -**

Anyone with unwanted hair.