

06 / DIODE LASER HAIR REMOVAL

Diode laser hair reduction uses selective photothermolysis: laser energy is preferentially absorbed by melanin associated with the hair follicle and converted into heat. Because follicles cycle through different growth phases, a series of treatments is required.

- Do not wax, epilate or pluck for several weeks before treatment. Shaving is recommended.
- Avoid tanning, self-tanning and significant sun exposure. Recently tanned skin may require postponement because of increased burn and pigmentary risk.
- Usually shave the area 12–24 hours before treatment and arrive without creams, oils or deodorant on the treatment area unless instructed otherwise.
- Perifollicular redness and mild edema may be expected. Keep the area clean and minimize friction.
- For approximately 24–48 hours avoid significant heat, sauna and very intense exercise if the skin is reactive. Use SPF 50+ on exposed areas.
- Between sessions shave rather than wax, epilate or pluck. Contact the clinic for blistering, burns, severe pain, marked swelling or significant pigmentary changes.

DISCLAIMER: These protocols are provided for general information only. Every treatment and aftercare recommendation is individual. Always follow the specific instructions given personally by your treating doctor. This information is not a substitute for an individual medical consultation or medical advice.