

Laser Hair Removal

Patient Information

What type of laser does Coppergate Clinic use?

Coppergate Clinic offers industry-leading permanent hair removal using the world's only 'mixed technology' laser. The Duetto MT combines two 'gold standard' lasers in one unique platform. We are proud to offer superior hair removal treatments for ALL hair and skin types. Quick, effective and safe, our laser hair removal procedure provides a long-term solution to unwanted, excess hair for both men and women. This hair laser treatment is suitable for both face and body hair, with visible results after just a few sessions.

How does hair removal with the Duetto MT laser work?

Light is selectively absorbed by melanin, the pigment in the hair follicle. The light energy heats the pigment and effectively destroys the hair follicle without damaging the surrounding cells. The result is permanent hair removal.

How is laser hair removal carried out?

Prior to laser hair removal on any area, a thorough consultation will be conducted. During this time, a medical history is taken to confirm your suitability for treatment. There is also an opportunity for you to ask any questions you have about hair removal. Finally, there will be time for a small patch test to be carried out. During the hair laser treatment, the applicator is placed on the skin and a short pulse of light is released, which targets many hair follicles simultaneously. The applicator is then moved to the neighbouring area of skin and the process is repeated until the entire area is treated.

Is the procedure right for me?

As every client's body, skin and goals are unique, a detailed consultation with one of our expert aesthetic therapists is essential prior to undergoing any advanced non-surgical treatment. During the consultation, your aesthetic therapist will discuss any problem areas, desired improvements, available options (including no treatment at all) and expected outcomes. A thorough medical history will be recorded, and photographs taken to document your starting point prior to treatment. Almost everyone is suitable for laser hair removal treatment with our Duetto MT. We use Alexandrite (the best laser for lighter skins) and Nd:YAG laser (the safest laser for darker skins). However, we can mix the two lasers for even better results. This is the only laser in the world that can operate like this. Unfortunately, as grey/white hair has no melanin, it is not suitable for hair laser treatment. Patients must wait 6 months after giving birth (if not breastfeeding) or 6 months after ceasing breastfeeding, before undergoing this procedure. This period is necessary to allow for post-pregnancy hormones to return to a normal, consistent level.

How many laser hair removal sessions will I need?

Only hair that is actively growing during the laser hair removal treatment will be affected. Therefore, multiple treatments are necessary. Treatment will be conducted every 4-8 weeks, depending on the area to be treated. This will be repeated until a satisfactory result is achieved. The required number of treatments varies, but typically six or more sessions are required for optimum laser hair removal results.

How long does each session take?

Laser hair removal sessions can take as little as 15 minutes but can last up to two hours. The length of your session will depend on the size of the treatment area.

Treatment sensation

The treatment sensation during a laser hair removal varies, but it is often described as a "flick of an elastic band". Typically, no anaesthesia is required and most clients describe the discomfort as moderate and tolerable.

Downtime

The skin may be red immediately after laser hair removal. Your hair follicles may be swollen and bumpy but this usually subsides within a few hours. Adverse reactions are rare but may include a small blister or temporary lightening or darkening of the skin.

Results

The hair follicles are damaged by the heat used during our laser hair removal, but the hairs remain in the follicles. The dead hairs shed after 1-3 weeks as the epidermis renews. During this period, your hairs will seem to 'grow' as they are pushed out by the new epidermis. Following a complete course of treatment, the treated area will be smooth and free of unwanted hair.

Cost

After consultation, you will be given a price for the procedure, so that you can make an informed decision on whether you wish to proceed.

Alternative treatments

Alternative forms of treatment for unwanted hair include electrolysis, waxing, threading and dermaplaning, although the results of these treatments is much more temporary by comparison. Risks and potential complications are associated with alternative forms of treatment.

If you experience any problems or have concerns following your procedure, please do not hesitate to call our direct patient line for assistance on 07908 891059.

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Patient Pre & Post-Procedure Care Guide

Pre-Procedure Preparations

Prior to treatment, patients are advised of the following:

1 month prior to treatment

- It is a pre-condition that there should be no active suntan or fake tan in the area to be treated. Use of sunbeds or prolonged exposure to sunlight is not allowed in the month prior to treatment and SPF 30 must be used on the area between treatments. Sun tans must be left to fade completely before treatment can start. Fake tans must also be faded fully before treatment can commence.
- Avoid waxing or plucking for one month prior to hair removal treatments. Hair should be shaved one to two days prior to treatment and should be approximately 1mm in length. Longer hair will need to be trimmed prior to treatment, but as this does lengthen the treatment time, the cost may be adjusted accordingly.

A minimum of 72 hours prior to treatment

- Prior to undergoing the procedure, a test patch must be carried out to determine the treatment parameters and to judge how your skin might react to a full treatment. A test patch is a small trial in an area with similar hair and skin to the treatment site and allows the practitioner to assess how well the light energy is being absorbed and whether the skin is responding as would be expected. You will be asked to make a note of any redness or swelling and how long it takes to reduce following the test patch, also whether the skin blisters or feels excessively hot and for how long.

On the day of treatment

- Ensure the area to be treated is free from make-up, perfume, deodorant and body or face creams or fake tan. Regretfully, appointments abandoned due to active suntan or fake tan may be charged.
- Please arrive in good time for your appointment; this will allow us to pre-cool the skin if necessary.

Post-Procedure Instructions

Following the procedure, patients are advised to:

0-12 hours after treatment

- Refrain from wearing make-up, provided skin at the treatment site is not sore or broken.
- The treatment area may be cooled at home using an icepack, packaged in a clean plastic bag, and wrapped in a soft cloth before being applied to the skin. Ice packs should never be applied directly to the skin.
- If blistering occurs, contact the clinic immediately for further advice.

0-7 days after treatment

- Refrain from rubbing or massaging the treatment area; cleanse gently as required
- Keep the area clean and dry and allow to heal naturally. Do not use any lotions or creams on open skin unless advised by your therapist, as this may increase the risk of infection.
- Do not pick grazes or blisters- as this may increase the chance of a scar occurring.
- Avoid saunas, steam rooms or any other source of excessive heat
- Avoid vigorous exercise

0-1 month after treatment

- Use a sunscreen (SPF 30+) and protect the area from sunlight as much as possible between treatments and for at least one month after treatment ends. Failure to do this can lead to sunburn and hyper-pigmentation of the treated area. (Most cases of changes in pigmentation occur when the treated area has been exposed to sunlight or in people with darker skin types).

0-12 months after treatment

- Once the skin has healed, a high protection sunscreen should be used daily for 12 months to prevent pigmentation changes to the skin.

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