



Frequently Asked Questions About

Laser Hair Removal and
Spider Vein Therapy

How does laser hair removal work?

The light beam emitted from the laser targets the pigment in the hair follicle beneath the skin surface. When the pigment in the hair follicle and hair shaft absorbs the laser light, the energy is converted to heat, which results in thermal damage to the hair follicle. This thermal damage causes delayed re-growth of the hair as well as permanent destruction of the hair follicle.

What areas can be treated with the CoolGlide® Laser?

CoolGlide® Lasers can remove hair from all parts of the body including the face, legs, arms, underarms, and back. They can also treat sensitive areas like chest, nipples, and bikini line.

How long do the treatments take?

The length of the treatment depends on the area the patient wishes to have treated. Actual laser time of an upper lip and chin is about 5 to 10 minutes. Underarms or bikini lines usually take 15 to 20 minutes. Legs and backs take 45 minutes to an hour.

How many treatments are necessary?

The laser works by disrupting hairs that are in the active phase of growth at the time of treatment. Because hair enters the growth phase at different times, additional treatments will be necessary to disable all hair follicles in a given area. During the active stage of growth, the anagen stage, the hair will respond more effectively to treatment. At any given time, only one third of human hair is in the anagen stage. For this reason, it is necessary to treat an area a minimum of 3 times with the treatments spaced approximately 4-6 weeks apart in order to see the best and longest lasting results. Darker hair will respond better, but both dark and light hair may need up to 5 treatments or more for maximum response and the best long-term results. Hair follicles that are in the active growth phase are the best targets for absorbing the laser light and it is these hairs that are preferentially damaged and destroyed.

What do CoolGlide® Laser treatments feel like?

As the name implies, the CoolGlide® handpiece cools and soothes as it glides along your skin. When the pulse of light is delivered, some patients experience a mild pinching or stinging sensation. Some patients prefer a topical anesthesia when sensitive areas are treated. Because the CoolGlide® incorporates a large spot size and high rate of energy delivery, treatments are extremely fast and effective.

What are the possible side effects?

Short-term side effects include slight reddening and local swelling of the skin. These effects typically last for several hours or less. In rare instances, blistering may occur. Consult with your medical professional for complete information of the benefits and risks of treatment.

What color of hair is best for laser hair removal?

Hair removal works best when there is color in the hair. The laser targets the pigment within the hair follicle. People with light hair may only see moderate improvement with 3 treatments and may need a greater number of treatment sessions. Dark hair responds best and unfortunately white hair does not respond at all.

Are the results permanent?

Treatment results may vary among patients. CoolGlide® is cleared by the FDA for Permanent Hair Reduction. The FDA defines permanent hair reduction as, "the long term, stable reduction in the number of hairs re-growing after a treatment series." Because lasers have only been used for hair removal in the last few years, permanent hair removal has not been able to be determined.

What special instructions do I follow after treatment?

Treat the area like a mild sunburn. Apply cool compresses, aloe gel, or cortisone lotion for any discomfort. Do not apply any aggressive products to the treated areas such as, Retin-A, alpha hydroxy acids, or bleaching creams, etc. until the treated skin area returns to normal. Resume the use of all other products as tolerated. Do not expose the treated areas to direct sunlight or tanning beds. Sunscreen should be worn daily. Three to seven days after treatment, some hairs may seem to be regrowing. This occurs due to elimination of the hair that remained under the skin and is not true regrowth of the hair. Do not wax or pluck any hairs between treatment sessions, shave or trim only. Do not pick or manipulate the skin in the treatment area.

What are Spider Veins?

Spider Veins are those small, red, pink and blue blood vessels that appear most frequently on the face and legs. In contrast, Varicose Veins are usually larger in diameter and may appear raised with a bluish color. These veins may be related to a more serious vascular problem.

Will laser therapy work on my leg veins?

Although there is no way to tell for sure which veins will respond, a full medical history prior to the treatment will better help determine what you should expect. Prior surgery or treatment on your veins could affect the treatment outcome. In some cases, further testing may be recommended to determine if there are underlying venous problems.

What does it feel like?

Although many patients report little or no discomfort, some may experience a mild stinging sensation only when the laser pulse is delivered. The cold tip in the CoolGlide® handpiece helps soothe the skin as the laser pulse is delivered.

How long do the treatments take?

Treatment time varies depending on the number and size of vessel(s) to be treated. Average sessions are 15 – 30 minutes.

How many treatments will I need?

In many cases, significant improvement is realized in as few as 1 to 2 treatments. In some cases new spider veins may appear and therefore additional treatments may be necessary. Treatments may occur at 3 to 4 week intervals.

When can I resume normal activities?

Although we encourage you to resume normal activities almost immediately, we do ask that you refrain from vigorous activities for at least 24 hours and exercise for 2 to 3 weeks after the treatment. Please also avoid hot baths and hot tubs for at least 2 to 3 weeks after treatment.