



## *The Medical* **Bulletin**

# Cosmetic Surgery

### **LASER Hair Reduction**

- Many women prefer to get LASER Hair reduction done mainly in the face and limbs as it makes them feel better
- Many men also prefer to get LASER hair reduction for their chest, parts of the limbs and the whole body.
- LASER hair removal is generally painless with modern machines, and hence anaesthesia isn't necessary.
- There can be mild heat during delivery which is reduced by precooling the area, by applying cool gels and also by moving the handpiece frequently so that the heat is not delivered in one area
- The treatment of LASER hair reduction aims to reduce hair growth by 80 to 90%, both in number and thickness
- A patient would need about 4 to 8 sessions to achieve the hair removal by LASER
- Initially, the time interval between each session would be around six weeks. Later the time interval might increase as per the growth of the hair
- Before LASER Hair reduction, the patient should be screened for Polycystic Ovarian Disease (PCOD), Thyroid abnormalities and other endocrine abnormalities.
- Patients are advised not to shave or wax the body parts that they would like to have LASER hair reduction for atleast 3 to 4 weeks to get good results.
- There is no downtime after LASER hair reduction therapy, and the patient can quickly go back to work.
- Patients are advised to apply moisturising cream and sunscreen lotion after their therapy.
- Occasionally the patient may have bruising, discomfort or even paradoxical hair growth after the procedure. This may need a change of the energy settings of the LASER.

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