



Hello! Thank you for reaching out with questions about laser hair removal. Traditional light based hair removal devices such as IPL (intense pulsed light) pulsed the skin with a strong light beam so that the melanin-containing hair follicle would absorb the delivered energy, heat up considerably and be destroyed. However, this approach, while being more effective than waxing, was still quite painful for most patients. Melanin rich skin is more susceptible to burns, therefore people with darker skin color couldn't receive treatment.

Soprano Ice Titanium SHR™ by Alma works differently. Practitioners employ the Soprano laser applicator “In-Motion™”. This technique heats up the dermis to a temperature level that effectively damages the hair follicles and prevents hair re-growth. All of this while avoiding damage to the surrounding skin tissue. The device delivers short laser pulses deep into the dermis at a high repetition rate, achieving high average power and a more therapeutically effective heat build-up. This is achieved by using a handpiece that actually emits 3 different laser and light beams simultaneously through a large, cooled spot size to revolutionize “laser hair removal” and make it quick and comfortable.

You will want to shave within 24 hours of your appointment (with a new razor) to ensure the hair is as close to the skin's surface as possible. Hair that exceeds the skin surface by a great deal will scatter the energy and reduce the effectiveness of treatments.

The hair follicles cycle approximately every 5-8 weeks. In order to effectively treat all active hair follicles, we recommend treatments approximately every 6 weeks. The hair follicles can only be killed during the anagen phase of growth (the active growth part of the cycle). Approximately 15-20% of hair follicles are in the anagen phase at any given time. By treating every 6 weeks for 6 treatments, you can effectively eliminate approximately 95% of the dark coarse hair follicles and approximately 60% of the lighter/finer follicles. The human body is never 100% compliant with textbooks. While the follicles that are killed during treatment are gone forever, you may grow new follicles down the road. Especially during times of hormone shifts (pregnancy/lactation/menopause). Some medications can cause hair growth (thyroid issues, steroids). However, typically the regrowth of follicles is minimal.

Contraindications for any type of light-based treatment is sun/UV exposure. You cannot have **any** unprotected sun or UV exposure on the treatment areas for 2 weeks prior to treatment. We recommend a physical (zinc oxide/titanium dioxide), broad spectrum sunblock with a SPF rating of 30-50. Occasionally medications can increase our light sensitivity, in which case treatment would need to be postponed.

The most important part of treatment is protecting your skin and staying within your 5–8-week time frames. This will ensure a good outcome. We recommend having a consultation prior to beginning treatment so we can go over all the information in detail and make sure you are an appropriate candidate.

Thank you!

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