



LA&HA Doctor's Notes

AvalancheLase®

FREQUENTLY ASKED QUESTIONS
PATIENTS ASK ABOUT LASER HAIR REMOVAL

1. WHEN SHOULD I START MY TREATMENT?

It is ideal to start treatment when your skin is **untanned** and will remain untanned for some time.

It is recommended to protect your skin from the sun's rays for at least 2 weeks after the procedure. Since laser hair removal requires several (around 6) sessions and your next treatment will be in 4-8 weeks (depending on the area being treated), it is ideal to **minimize sun exposure to the area for 6-12 months**. However, since it is challenging and almost impossible to avoid excessive sun exposure for a whole year, AvalancheLase® offers special settings for treatments on tanned patients.

Untanned skin allows your therapist to use optimal parameters for hair removal, and there is less chance of unwanted side effects if your skin is untanned. Therefore, it is very important to **inform your therapist if you have been exposed to sunlight**. The more consecutive treatment sessions that you undergo (without a break due to tanned skin), the better the results will be of your laser hair removal therapy.

However, if your main goal is to spend most of the summer hair-free, you can also have a treatment **two weeks before your vacation**. By then, most of the hair will have shed, and you will typically be hair-free for the next few weeks. You can resume treatment sessions as soon as your skin is untanned again.

2. HOW MANY TREATMENT SESSIONS WILL I NEED?

For significant hair removal, you need at least **6-8 treatment sessions**, as only hairs in the **active growth phase are susceptible to laser hair removal**. The number of sessions you will need depends on your skin tone, hair density, thickness and color, the treated area and your personal goals.

3. HOW OFTEN ARE LASER HAIR REMOVAL TREATMENTS PERFORMED?

The time interval between sessions **depends on the treated area**. Sessions are performed **4 to 10 weeks apart**. If hair growth is not present, postpone the laser session for one week. The first 2-3 treatment sessions should be scheduled in a shorter time frame; after the third treatment, sessions can be spaced further apart.

TREATED AREA	TREATMENT SCHEDULE
face	4 - 6 weeks
axilla	4 - 6 weeks
arms	6 - 8 weeks
abdomen	8 - 10 weeks
bikini	6 weeks
thighs	8 weeks
back	8 - 10 weeks

Aim to complete 6-8 consecutive sessions. After 6-8 sessions, a noticeable thinning of the hair should be observed. Evaluate the effectiveness of the laser treatments **6 months after the last session**.

4. HOW LONG WILL MY HAIR BE REDUCED AND HOW LONG WILL I BE HAIR FREE?

The number of your hairs will be reduced after each treatment session. After the final session, we expect **up to 95% hair reduction**. Any remaining hairs are likely to be very thin and lighter in color. The effectiveness of the treatment depends on several factors (your skin tone, hair color, hormonal and health conditions, laser settings used). Ideal candidates may remain hair-free **for many years or even a lifetime**, while candidates with darker skin tones or hormonal imbalances may need a **touch-up treatment** or two after a few years.

5. AM I A GOOD CANDIDATE FOR LASER HAIR REMOVAL?

Laser hair removal is **most effective** for patients with **light skin** and **dark hair**. Patients with darker skin will require more treatments, and those with very light hair may experience less satisfactory results.

Consult with your therapist before the procedure, who will assess your skin tone and hair color to determine if you are a suitable candidate for laser hair removal.

6. ARE THERE ANY SIDE EFFECTS?

Laser hair removal is considered a treatment with **few possible side effects**, but always discuss potential side effects with your laser therapist.

7. WHAT KIND OF LASER DO YOU USE?

We use **medical-grade Fotona AvalancheLase® alexandrite and Nd:YAG lasers**. Both wavelengths are suitable for laser hair removal. The Fotona AvalancheLase® laser is a high-performance device that provides **high peak power, achieving better results**.

8. DO I NEED TO PREPARE FOR THE TREATMENT?

Avoid sun exposure as much as possible before and between treatments. **Avoid plucking hair** at least 2-3 months before the laser treatment. Come to the session **without makeup** (for treatments on the face) and **moisturizers**, and **avoid using anti-cellulite cosmetic products** and products with **glitters** before the procedure.

9. WHAT HAPPENS IF I STOP LASER HAIR REMOVAL AFTER 4 SESSIONS?

If you stop treatments before most hair follicles are destroyed, you may be **less satisfied with the results**. However, the hair follicles destroyed in the first 4 sessions **will not regrow** despite the reduced number of treatments.

10. HOW CAN I MAXIMIZE MY LASER HAIR REMOVAL RESULTS?

To achieve the best results, **attend treatments regularly** (as agreed with your therapist), avoid plucking hair between sessions and avoid sun exposure.

11. CAN I SHAVE OR PLUCK HAIR BETWEEN SESSIONS?

You can shave your hair, but you should **not pluck it**. Plucking removes the target chromophore for the laser (in simple terms: the laser cannot find and destroy the hair follicle if it is plucked).

12. WHEN CAN I SHAVE BEFORE THE LASER TREATMENT?

If your therapist wants to take photos of the treated area, we recommend **shaving 3-7 days before the treatment**.

If photos are not needed, shave the **evening before the procedure**. However, your therapist can also shave the hairs just before the procedure.

13. HOW SOON AFTER LASER TREATMENT CAN I SHOWER?

You can shower **on the same day** after the procedure, but **avoid using overly hot water**.

14. CAN I MOISTURIZE AFTER LASER HAIR REMOVAL?

After the laser treatment, **you can use moisturizers**, but they should be free from AHA and BHA acids and other aggressive ingredients in cosmetic products.

15. WHY IS YOUR LASER IDEAL FOR THIS TREATMENT?

The Fotona AvalancheLase® laser is an excellent choice for laser hair removal for several reasons. Its built-in **cooling system** and **dual wavelengths** (755 nm and 1064 nm) make it **safe** and **effective**. The 1064 nm wavelength is especially safe for darker skin types.

Additionally, AvalancheLase® is one of the **most powerful laser devices on the market**. The laser's exceptional power enables effective **long-term destruction of the hair follicle and cells** that produce hair. A **powerful laser** device is **crucial** for **delivering enough energy to the hair follicle** in a **very short period of time** to **achieve hair removal**.

Unfortunately, many weaker laser devices on the market only provide temporary results. In contrast, treatments with the Fotona AvalancheLase® laser can yield **long-lasting results**. Due to its advanced features, it allows for effective yet painless laser hair removal.

16. WHAT IS THE DIFFERENCE BETWEEN LASER AND IPL?

The main difference between **IPL** and laser is the **type of light they use**. IPL (Intense Pulsed Light) uses a broader spectrum of light with multiple wavelengths, meaning the **hair follicle is less targeted**. It doesn't just focus on the melanin in the hair follicle but also affects the surrounding skin tissue. Because of this, the **energy delivered to the hair follicle is lower**, resulting in **less effective hair removal**.

On the other hand, a **laser** delivers **monochromatic light** (a single wavelength) that travels in one direction. This makes the laser **more concentrated** and **better suited for targeting the hair follicle**. Due to their higher precision and versatility, lasers can be adjusted to be effective and safe on darker skin tones and lighter hair.

The difference between laser light and IPL light can be easily explained using the example of a light bulb. When using a light bulb, you can direct the light to a specific point, but it will still scatter around. Laser light is more specific; if you direct the beam to a point, it will travel only there.

Although both IPL and lasers are used for hair removal on the market, it's worth mentioning that:

- **Laser hair removal requires fewer treatments and is more effective**
- **Laser is more suitable for use on darker skin** (especially 1064 nm Nd:YAG)
- **Laser more effectively removes lighter hair** (especially 755 nm Alexandrite)

It is important to note that many clinics or salons promote laser hair removal even though they perform the treatments with IPL. Before undergoing any treatments, make sure to **verify which device will be used for your procedures**.

17. HOW TO TELL IF LASER TREATMENTS ARE WORKING?

To determine if laser hair removal treatments are working, look for these signs:

- **Hair should shed after each session** (those not destroyed will start growing back before the next session)
- **Hair density should reduce from session to session**
- **Hair growth should slow down**
- **Hair should be less prone to ingrowing**

During the procedure, many people develop **perifollicular edema** (swelling around the hair follicle). This is a desired effect, indicating thermal destruction of the hair follicle. However, if you do not notice this, it does not mean that the treatment is ineffective.
