

Laser hair removal

By *Annbell Castro, MD-C*

Living in a state that averages less than 10 days of rain annually, one can literally golf or play tennis year-round. As a result, many men and women spend a great deal of time tweezing, waxing and shaving to keep unwanted hair at bay. Unfortunately, not only can these methods be uncomfortable, time consuming and expensive, but they are only temporary fixes at best. This frustration has led many to consider a more permanent solution such as that afforded by laser hair removal. Laser hair removal is quickly making electrolysis and waxing obsolete by offering a faster, less painful solution to unwanted hair.

Just how popular is laser hair removal? It is now the top non-surgical cosmetic procedure for those 35 years and under. And among all age groups, it is second in popularity only to Botox. Last year alone, 1.4 million Americans had laser hair removal done, up 33 percent from the previous year, according to the American Society for Aesthetic Plastic Surgery. Why the sharp increase in popularity? First, while new lasers have made hair removal even more effective, the procedure has also become more affordable, with the costs being less expensive than waxing in the long run.

So, what does the laser actually do? Laser hair removal works by targeting the pigment found in the root of the hair follicle. The laser's energy disables the hair follicle, often permanently. Since laser hair removal clears hair right from the level of the hair follicle, this has the pleasant effect of clearing the dark hairs beneath the skin's surface, otherwise known as the five o'clock shadow. In addition, the treated skin actually looks and feels smoother than a shaved area. In clinical trials, patients completing a series of treatments remained hair-free for up to two years and beyond.

Although the majority of patients seeking laser hair removal are women, a growing number of men are taking advantage of this new technology. In fact, men now account for around 30 percent of laser procedures. Men enjoy the smooth, well-groomed appearance of a clean neckline or the convenience of not

having to shave every morning. Eliminating back and chest hair is a so very popular among men. Laser hair removal helps men avoid the irritation from inflamed razor bumps and ingrown hairs. Even pseudofolliculitis barbae, the inflamed pustules provoked by shaving, are dramatically reduced. Women, on the other hand, usually select other areas for hair removal such as the upper lip, underarms, legs, forearms and bikini area.

As different skin types can respond differently to any individual laser, a variety of lasers are available for treatment. For instance, as some lasers react more with the pigment melanin found in dark skin, there have been special lasers developed which are better suited for people with dark skin. Thus, it is often

advantageous that a center have multiple lasers available. This allows one to customize treatments, matching skin tones to the appropriate laser, thus ensuring optimal results.

Consumers are advised, as with all forms of medical care, to seek a center of highest quality rather than lowest cost. Laser hair removal is a safe procedure in the hands of an experienced professional. Treatments provided by a novice may not only yield disappointing results, but can also inflict burns and scarring of the skin. Laser hair removal requires exact science, individual attention and trained, caring and professional staff.

Annbell Castro is a certified nurse practitioner at Advanced Vein Center and Aesthetics.

WHY GO TO SCOTTSDALE?
The Latest Cosmetic Breakthroughs
Are Available Locally

The Most Modern Technology.
All In One State-of-the-Art Office.

Photofacials, Laser Hair Removal,
Botox®, Collagen,
Microdermabrasion, and
Expert Vein Care.

Medical Director On Site

**Advanced Vein Center
and Aesthetics**
Kenneth Oserly, MD
480-844-VEIN (8346)
6242 E. Arbor Ave. Ste. 123
(63rd St. between Main & Broadway)