

The uRepublic Guide to LightSheer Duet Laser Hair Removal

The LightSheer Duet is the industry gold standard for laser hair removal. It's faster and less painful than other laser alternatives. And it's safe to be used anywhere on the body, including the face. The patented vacuum technology ensures that the procedure is a comfortable experience.

How does it work?

The laser uses high-energy light to target skin structures such as hair follicles, in their growing (anagen) phase. The laser energy gets converted into heat and destroys the hair follicle target. The vacuum pressure on the treated skin effectively blocks the pain pathway to reduce pain sensation to a comfortable level.

What treatments are available?

Waxing, shaving, and the use of depilatory creams are well-established methods for hair removal, although temporary. Electrolysis is the traditional tried and tested method for permanent hair removal, but is often very time-consuming, painful and inefficient. These days, the most popular effective method of hair removal is the use of lasers or BBL. They've generated interest because they involve new and efficient technology, and because they can consistently produce long term and even permanent hair reduction.

Can all skin colours be treated?

The LightSheer Duet works best for skin types 1 to 4. Skin types 5 and 6 are better suited to the Nd:YAG laser hair removal, to reduce the risk of burning which can lead to darkening of the skin.

Can tanned skin be treated?

Patients undergoing laser hair removal should avoid tanning for at least 3–4 weeks prior to treatment. A paler skin is less likely to burn or suffer pigment changes after treatment.

What happens during hair removal treatment?

The area of your skin to be treated will be scanned with the LightSheer laser. Treatment time will depend on the size of the area being treated. You will feel a suction pressure sensation as the laser is activated. Protective eyewear is required during treatment as the reflected light can be very bright.

What should I expect after treatment?

Some redness and slight swelling may be present in the area that has been treated, but this should subside within a few hours. If any prolonged redness or swelling occurs, please consult your physician. Keep the area clean and use an SPF 30+ sunscreen when outdoors.

Is treatment permanent?

On average, each Laser treatment will be associated with some permanent hair loss. So in most cases hair reduction can only be achieved after several (5–10) treatment sessions. The number of treatments will depend on each patient's individual response to laser therapy, and the amount of hair to be removed and the body site. Remember that the goal may not be total hair removal. Many patients are happy with a reasonable degree of hair reduction. Also remember that the hair that remains is often lighter in color and thinner than the original hair. As with other treatments for unwanted hair, there is no guarantee that laser hair removal treatment will be permanent.

How many treatments will I need?

You may need to be treated about 5–10 times, at approximately 4-8 week intervals. The procedure is performed by our specialist nurse with parameters developed by our dermatologists. There are three phases of hair growth – anagen, catagen, and telogen. Only hairs in the active growth or anagen phase can be successfully treated. Usually only 20% of the hair is in anagen phase, which is why several serial treatments are necessary to ultimately target 100% of the hair follicles. Women undergoing laser treatment of facial hair should consider using a special prescription cream, at the same time, to further enhance the effectiveness of the laser hair reduction.

Does treatment hurt? What can I expect from the procedure?

Most patients describe the Light Sheer Diode hair removal as feeling like the light snap of a rubber band against the skin. Each patient has his or her own level of skin sensitivity and pain threshold. Different areas on the body are also more sensitive than others.

On the day of your treatment, plan to wear clothing that will allow easy access to the area being treated. You will not need any type of anaesthesia for your treatments. Laser hair removal works best on hair that's 1–2 mm in length (longer hair may need to be shaved). It is best to shave the area 1–2 days before each treatment. Do not wax or pluck the hairs before treatment as this removes the hair shaft from the follicle. No specific care is needed after the treatment.

How long will it take my skin to heal?

Normally the hair follicles on the skin look red and swollen for up to 48 hours. Some patients may be offered to have a small area tested before undergoing a full treatment. This gives them an idea of how the treatment will feel, and the length of time it will take to obtain the desired result. Occasionally, patients can develop a blistering reaction. If this happens, call your treating physician and ask for specific post-laser treatment options.

What will I look like immediately afterwards?

Generally, some redness will remain for approximately 1–2 days. For some patients recovery time will be even shorter, while other patients may have more prolonged redness. The hair may remain on the skin for 1–2 weeks before falling off and the skin may feel slightly prickly during the that time.

What are the unwanted side effects of Laser hair removal?

Side effects are uncommon with newer generation devices.

However, the following may occur:

- Burns to the skin leading to significant crusting
- Alteration in pigment – darker or lighter
- Darker-skinned individuals, or those with recent tanning, are at greater risk of developing both increased or decreased pigmentation
- The alteration in pigment may either be temporary, or rarely, permanent
- Scarring and indentations may occur as a result of burns (extremely rare)
- Paradoxical increase in hair thickness and pigmentation over the treated areas

Is Laser hair removal suitable for everyone?

We do not treat:

- Pregnant or breast-feeding women
- Children under the age of 18 without parental consent
- Any area where current significant skin disease or infections such as cold sores are present
- Any area where skin cancers are or have been present
- Any area where there is a history of keloid scarring (special precaution in high risk areas)
- Any area where there is a history of light sensitivity including connective tissue disorders, lupus, or porphyria
- Patients on medication that causes sensitivity to light
- Any emotional, mental or medical condition that may impair judgment