

## How Laser Hair Removal Works

Knowing a little about the hair anatomy and the growth phases will help explain how laser hair removal really works. The laser light is attracted to the melanin in the hair shaft. Once this light energy is absorbed by the hair shaft the energy transfers to heat. This heat will vaporize the hair shaft. More importantly, the hair shaft will conduct heat to the bulge of the follicle, the dermal papilla, and matrix. If there is enough heat that is absorbed by these anatomical structures of the hair follicle, it will disable the process of regenerating a new hair. If not enough heat is absorbed to disable the new growth, these hairs will be altered, eventually growing finer and lighter.

The hairs in the anagen stage are the hairs that are most affected by this process. Again, it is in this stage the hair shaft contains an abundance of melanin and the matrix is enclosed by the dermal papilla producing rapid cell division. Hairs in the other two stages are not permanently affected; however, the laser energy will vaporize any hair shafts, giving a patient a period of weeks with no hair growth between treatments.

It is impossible to achieve maximum benefits from the laser hair removal treatments, unless a patient has at least five treatments. From our experience, for some patients it may take more than five treatments. There is only a certain amount of hair in the anagen stage. Also, depending on the anatomical area, skin type, hair type, age of a patient, genetics and gender, every patient will achieve results at a different rate. The good news is that most patients will achieve great permanent reduction and what hairs are left are cosmetically acceptable and manageable.

The LightSheer Diode was the first laser to be cleared by the Food and Drug Administration for permanent hair reduction. Permanent hair reduction is defined by the FDA as 85% or greater reduction.

For more information: [www.beachwoodlaser.com](http://www.beachwoodlaser.com)