

The logo is a large oval with a black border. Inside the oval, the text "SILKE" is in large, bold, black capital letters. To the right of "SILKE" is a line drawing of a woman's legs. Below "SILKE" is the word "AESTHETICS" in bold, black capital letters. Below "AESTHETICS" is the phrase "LASER HAIR REMOVAL" in bold, black capital letters.

**SILKE**  
**AESTHETICS**  
**LASER HAIR REMOVAL**

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**SILKE**  
**AESTHETICS**  
**LASER HAIR REMOVAL**

# Laser Hair Removal

SILKE AESTHETICS  
THE PETERBOROUGH CLINIC  
26 HOSPITAL DRIVE, SUITE 103,  
PETERBOROUGH, ON

# LASER

Light **A**mplification by the **S**timulated **E**mission of **R**adiation

## Laser Light Properties

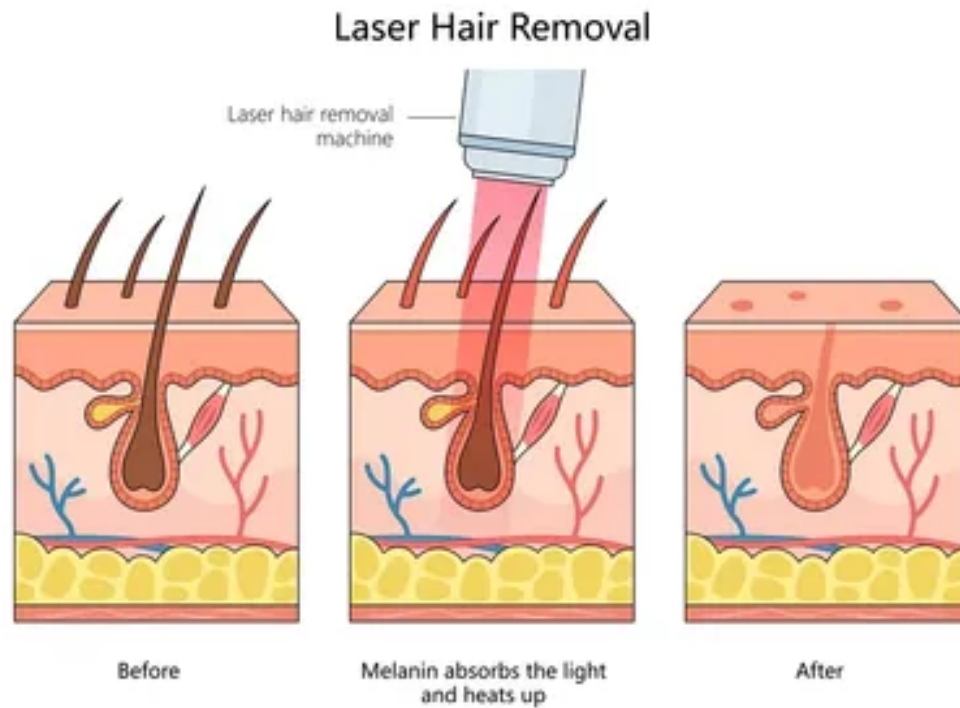
- Monochromaticity – single wavelength
- directionality- beam well collimated; parallel rays
- coherence – waves in phase

## Laser Hair Removal – Mechanism of Action

- Selective photothermolysis



# Selective Photothermolysis



# Laser Hair Removal - Indications

**Approved by Health Canada for permanent hair reduction**

- ▶ **Cosmetic** (most common use in women and men)
- ▶ **Hirsutism** (growth of excessive male-pattern hair in women after puberty. It affects facial and body areas dependent on androgens, namely mustache and beard, pubic hair, buttocks, and thighs). Causes:
  - ▶ PCOS
  - ▶ Congenital adrenal hyperplasia
  - ▶ Androgen secreting tumors
  - ▶ Medications (androgens, glucocorticosteroids, progestins, estrogen antagonists (clomiphene, tamoxifen), minoxidil, cyclosporine, danazol, diazoxide, phenytoin, D-penicillamine, interferon)
- ▶ **Pseudofolliculitis barbae** (razor bumps)





# Factors Affecting Outcome of LHR

## Patient Factors

- ▶ Percentage of hairs that are in the anagen stage of the growth cycle
- ▶ Color, thickness, density of hair
- ▶ Skin type (Fitzpatrick scale I to IV)
- ▶ Site of hair removal
- ▶ Hormonal profile

## Laser Parameters

- ▶ Type of laser
- ▶ Fluence (energy delivered  $\text{J}/\text{cm}^2$ )
- ▶ Spot Size (size of laser head used)
- ▶ Pulse Duration (time period over which the energy is delivered ( in ms); related to thermal relaxation time)



# Types of Lasers for Hair Removal

- ▶ Ruby Laser (694 nm) – best for Fitzpatrick I-III
- ▶ Alexandrite Laser (755 nm)- best for Fitzpatrick I-IV
- ▶ Nd:YAG Laser (1064nm)- best for Fitzpatrick types III-VI
- ▶ Diode (800 nm) – Fitzpatrick types I-VI
- ▶ IPL (not laser) – broad spectrum 500-1200nm; use filters to eliminate shorter wavelengths (higher cutoff value filters for darker skin types)



# Diode Laser (Venus Velocity)

- ▶ For laser hair removal only (800 nm wavelength – absorbed well by the melanin in the hair)
- ▶ Can use on all Fitzpatrick Skin Types I to VI
- ▶ Can vary the fluence, spot size, pulse duration, pulse frequency
- ▶ Pulse and Slide modes
- ▶ Cooling system for the crystal head
- ▶ Use Ultrasound gel (helps in laser light transmission, gliding over skin, cooling)





# Venus Velocity at Silke



# LHR – Our Process

- ▶ Consultation and spot testing
- ▶ Pre-care
- ▶ Laser Procedure
- ▶ Post-care
- ▶ Repeat 4- 6 cycles
- ▶ Maintenance treatments in some cases





# Consultation and Spot Testing

- ▶ Overview of the LHR process and discussion of potential risks and side effects
- ▶ Which body part(s) for LHR
- ▶ Medication history (photosensitizing drugs, Accutane )
- ▶ Skin conditions (psoriasis, eczema, herpes)
- ▶ Fitzpatrick skin type ( I-VI)
- ▶ Hair assessment (Color, thickness, density)
- ▶ History with LHR
- ▶ Pre and post care instructions around LHR
- ▶ Sign Consent form
- ▶ Spot test
- ▶ Usually a 20 mins observation period. For some skin types up to a 48 hour observation period may be required





# Precare

- ▶ Abstain from sun tanning/salon tanning 4 weeks before procedure (no active tan)
- ▶ Avoid photosensitizing meds before procedure
- ▶ Avoid antibiotics 2 weeks prior to procedure
- ▶ Hormonal therapy may impact results
- ▶ No plucking, waxing, depilatory creams 4 weeks prior to procedure
- ▶ Shave 12 to 24 hours before the procedure.
- ▶ Avoid active skincare products (retinoids, alpha hydroxy acids (AHAs), beta hydroxy acids (BHAs), and other exfoliants) 2 weeks prior to procedure

## Day of Treatment

- **Clean skin only:** Arrive with clean, dry skin—no makeup, deodorant, lotion, or oils on the treatment area.



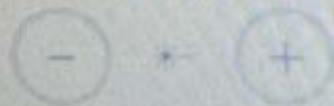


Procedure

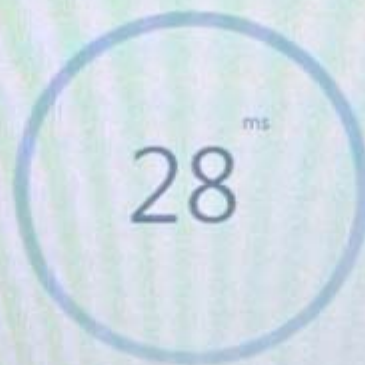




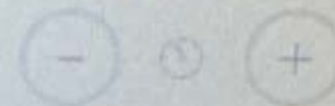
Fluence



Pulse Duration



Speed



Standby

Ready

pulses



**LASER STOP**

# Post-care

## Immediately After Treatment (First 24–48 Hours)

- **Avoid heat exposure:** Refrain from hot showers, saunas, steam rooms, hot tubs, and intense exercise for at least 24–48 hours.
- **No makeup, deodorant** on the treated area for 24 hours

## General Aftercare (First Week)

- **Avoid sun exposure or tanning beds:** Use a broad-spectrum SPF 30+ daily.
- **Do not pick or scratch**
- **Avoid exfoliating products:** Refrain from using retinoids, glycolic acid, salicylic acid, and scrubs for about 5–7 days or until the skin returns to normal.
- **Stay hydrated and moisturize gently.**

## Hair Shedding

- **Shedding is normal:** Over the next 1–3 weeks, treated hairs will shed.
- **Do not pluck or wax:** Shaving is allowed if needed, but avoid removing hair from the root.



## Results Revealed

BEFORE



AFTER



RESULTS AFTER 1 HAIR REMOVAL TREATMENT

# Before After 1





## Results Revealed

BEFORE



AFTER



RESULTS AFTER 1 HAIR REMOVAL TREATMENT

# Before After 2



## Results Revealed

BEFORE



AFTER



RESULTS AFTER 6 HAIR REMOVAL TREATMENTS

# Before After 3



## Results Revealed

BEFORE



AFTER



RESULTS AFTER 6 HAIR REMOVAL TREATMENTS

# Before After 4



# Reimbursement for LHR

- ▶ Currently not covered by provincial health benefit plans
- ▶ Private Insurance (third party plans may cover where physician considers it medically necessary, under Special Authorization)
  - ▶ Special Authorization request letter required
- ▶ Successful coverage through some Health Spending Accounts





# Contact

SILKE AESTHETICS

26 Hospital Drive, Suite 103, Peterborough, ON,  
K9J7C3

Office: 705-768-0050

[silkeaesthetics@icloud.com](mailto:silkeaesthetics@icloud.com)

[silkeaesthetics.ca](http://silkeaesthetics.ca)

