

Skin & You

CLINIC

E - NEWS LETTER

FEBRUARY 2012

Laser Hair Removal - An Alternative to Threading, Waxing & Bleaching. - Dr. GEETA OBEROI

The next time you want to go for a lunch or for a relaxing swim the first thing that crosses your mind is whether you need to check your under arms, shape your eyebrows, legs or arms for that unwanted hair that grows every 2 weeks .

From Granny years we have all been waxing, threading, bleaching every 3 weeks or earlier bearing the pain, the waste of time and money? Did we have a choice then? No there weren't any Dermatologist assisted treatments for hair removal back then but only beauty salons. Things have changed & for ever.

Abroad threading, waxing and bleaching are almost a thing of the past and for good reasons.

What options do we have?

A Faster, Proven, Reliable and Frankly speaking MORE sophisticated method for most of us is Laser Hair Removal & it is medically assisted.

The laser equipments used are all safe, FDA approved but you do need to know that there are many machines available in the market so what might work for your friend might not be right for you!

Just to explain that there are various Lasers, namely Ruby, Alexandrite, Ndyag, Diode, and IPL. Well the Ruby and Alexandrite are not advisable for Asian Skin

Color, Diode has good results but have to be careful using it on darker and tanned skins. The Ndyag System can be used safely on all skin types and also on tanned skin with good results and the Intense Pulsed Light(IPL)system is not a laser .

So how do these Lasers Work ?

Firstly remember Laser Hair Removal is a Medical Procedure. To put it simply hair has a pigment called Melanin that gives it color. Lasers work on the color of the hair and also on its thickness. An ideal candidate would be someone with thick dark hair and light to Wheatish skin color. Its not that darker people cannot benefit from Hair Removal but we need to use a Safer Technology as their skin has the pigment Melanin in higher amount & risk of side effects is higher in such people. To put it truly people with white and lighter hair benefit less or none from the lasers a better option for them would be Electrolysis.

How many treatments will one need?

A number of factors affect the success of the treatment. About 10 - 25% reduction in hair growth can be expected with each treatment. The hair that re grows following the treatment tends to be lighter and finer in texture. About 6-8 treatments are generally required with ongoing maintenance in few people.

Does it hurt?

You feel the snapping of a rubber band or hot pin but the newer lasers have an inbuilt Cooling Mechanism and this makes the treatment comfortable (Ask for this)

Are they any side effects?

In trained hands the side effects would be minimal to none. To mention a few unpleasant changes one may see redness, swelling, boils, pigmentary changes and very rarely scarring. Hence you need post treatment care. This is also where the

Dermatologists or Doctor come in and do the worrying for you. Remember you paid for this kind of support.

What can one do to prevent side effects?

A patch test can be done for sensitive or darker skin patients. ADVISORY: Ensure The Clinic YOU CHOOSE has Trained Dermatologists or Physician and certified nurses who are trained in using the equipment. Pre screening of patients is done only by Dermatologists/Trained Doctors. Pre and Post Do's & Don't's advisory are given to ensure maximum protection and safety. We recommend you ask as many questions as you have before starting the treatment.

Am I too young or too old? When should I start?

Well if you are 18 yrs till you have dark hair on your body you could benefit from laser hair removal. Younger girls could enjoy the freedom from hair within a year.

What results should one expect of the treatment?

You should see a reduction in the density and thickness of the hair in the treated area. After you have completed your treatment plan, long term hair reduction could be achieved. With hair removal as with any treatment there are people that fall in the grey zone. To explain further, people with hormonal problems, light hair growth, white hair or those who have experienced previously failed laser treatments need to be evaluated. The reason for laser failure needs to be investigated before patients waste large sums of money on these treatments.

How to choose & what to pay for?

Mothers, WHEN MAKING A CHOICE, money apart, the safest and best advice to give to your daughters for hair free, cleaner looking skin is "Laser Hair Removal". This

medical procedure, if carried out at a reputed Clinic with a Hygienic Environment and the expert support and supervision of a Dermatologist, is the simplest, best option for unwanted hair removal and a clean, smooth look.

Remember Ladies Skin Matters.

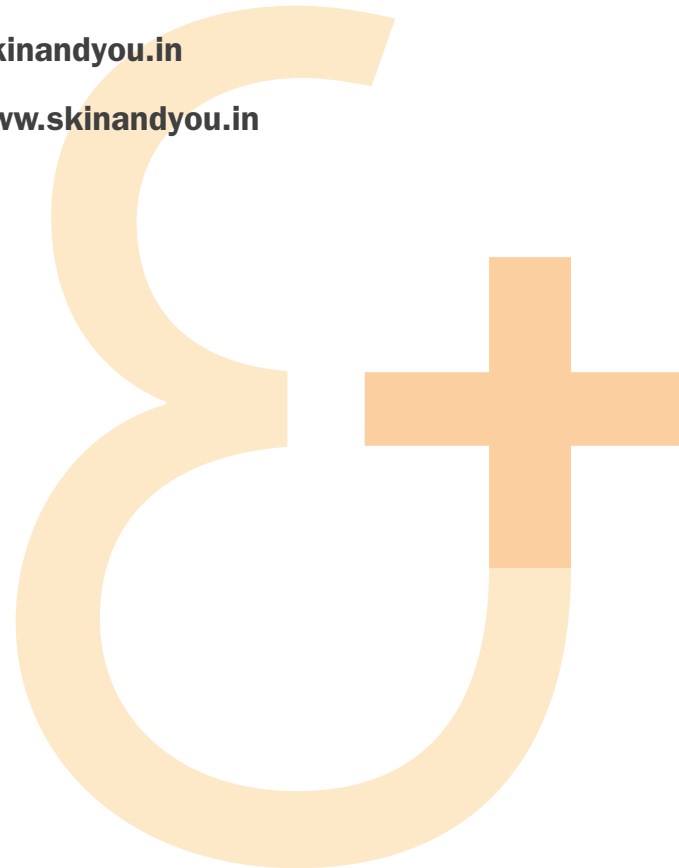
For Appointments SMS : 9820082043 or CALL 22825555/43154000/22843000

You can write in to Dr. Geeta Oberio at : info@skinandyou.in

Visit Dr Geeta Oberoi's Skin & You Clinic at : www.skinandyou.in

By Appointment Only .

* This newsletter is for private circulation only



**SKIN & YOU CLINIC • 11th floor, Mittal Court, B Wing, Nariman Point, Mumbai 400 021 • India Mob. 9820082043
Tel. +91 22825555 / 43154000 / 22843000 • info@skinandyou.in • www.skinandyou.in BY APPOINTMENT ONLY.**

SERVICES AT OUR CLINIC

**Acne and Acne Scars • Pigmentation • Complexion Analysis • Glow Factor
Uneven Complexion • Eye Region Complaints • Anti Ageing • Laser Hair
Removal Laser Inch Loss • Body Shaping • Microcurrent Facelift • Oxyrevive
Facial Removal of Growths • Pore Cleansing Facial • Chemical Peels • Botox
Fillers • Mesotherapy • Dermaroller • Prewedding Package • Hair Treatments**