



# Saving 72 HOURS

By Robyn Siperstein MD, FAAD

## If the thought of slipping into

a swimsuit without having to worry if you shaved or if you have razor burn or bumps sounds good then hair laser removal might be right for you.

According to a British survey, women spend 1,728 hours, or 72 days shaving their legs over the course of a lifetime, and shaving also ranked as women's most hated beauty ritual, with 35 percent of women polled saying they loathed shaving their legs more than anything else (doing their hair, tweezing their brows, etc). Perhaps women hate shaving so much because it feels like time wasted. So what is the easiest way to re-capture that wasted time - laser hair removal.

Hair removal lasers use energy to destroy hair follicles without harming the skin around them. After a series of sessions, you'll experience permanent hair reduction. Since the hairs on your body cycle through different phases and laser hair removal can only treat those that are in the active phase, you will need 6-10 sessions to treat most of the hairs. Periodic maintenance treatments may be needed as well.

Common treatment locations in-

clude legs, armpits, back, chest, upper lip, chin, and bikini line. Men with razor bumps often treat their necks as well, and it's possible to treat unwanted hair in nearly any area.

Laser hair removal is most effective for people who have light skin and dark hair because the laser beam targets the pigment (melanin) in the hair. Laser hair removal isn't generally effective for white or grey hair.

- Before the procedure avoid plucking, waxing and electrolysis because the hair needs to be present to attract the laser. Shaving is recommended because it preserves the base of the hair, so the laser has an appropriate target.
- Most patients describe the hair laser as a snap of a rubber band or hot pinch that goes away quickly. A lot of the newer lasers are much less painful because of better technology and better cooling of the skin.

If you have any further questions on hair laser removal feel free to contact Siperstein Dermatology Group for a

complimentary consult in their Boca Raton office on 950 Glades Rd, 4th Floor (561)955-8885 or the Boynton Beach office on 1700 W Woolbright road (561)364-7774. {stb}

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