

## **Hair removal with a combined light/ heat-based photo-epilation system: a 6-month follow-up**

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### **Abstract**

**BACKGROUND:** A variety of lasers and light sources have been used for hair removal. A novel flashlamp-based device, with a mechanism of action mixing a combination of light and heat, has recently become available.

**OBJECTIVE:** To assess the efficacy, side effects and long-term results of this new light/heat-based system for photo-epilation.

**METHODS:** A total of 21 patients (six male, 15 female), skin types II and III, with dark, coarse hair mainly on the back or chest for males and the bikini/axilla area for females, were reviewed after having been treated during the previous 18 months with this system. Each patient had at least four sessions with a maximum of nine. No depilatory treatment except shaving was allowed during the time of follow-up. The percentage of hair reduction was measured clinically or by comparing 'before and after' photographs.

**RESULTS:** After four to nine sessions, depending on the anatomic location, all patients showed hair reduction as well as hair thinning. The percentage of reduction varied depending on the anatomic location and number of sessions, the bikini/axilla area responding better than the back. Transient side effects were limited to a stinging sensation during the session and to redness, which lasted for up to 2 days. No chronic side effects were observed.

**CONCLUSION:** The present study demonstrates that this device is safe and effective for hair removal with a long-term effect.

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