



Laser Hair Reduction of Bikini Area with AvalancheLase® (755 nm)

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Introduction:

Photoepilation is a procedure for long-term hair reduction through the thermal destruction of the hair follicle and its reproductive system. For the destruction of the hair follicle and dermal papilla, we require wavelengths that are well absorbed by melanin in the hair and penetrate deeply, as the hair follicle forms in the dermis. For laser hair reduction, multiple treatments are needed, as hair in the anagen phase of growth responds best to laser hair reduction. Patients usually desire laser hair removal for aesthetic reasons, or due to conditions such as pseudofolliculitis, hypertrichosis, and hirsutism.

Laser	AvalancheLase®					
	1st session	2nd session	3rd session	4th session	5th session	6th session
Wavelength	Alexandrite (755 nm)	Alexandrite (755 nm)	Alexandrite (755 nm)	Alexandrite (755 nm)	Alexandrite (755 nm)	Alexandrite (755 nm)
Handpiece	R35x	R35x	R35x	R35x	R35x	R35x
Spot size	12 mm	12 mm	20 mm	20 mm	20 mm	20 mm
Fluence	12 J/cm ²	12 J/cm ²	12 J/cm ²	14 J/cm ²	14 J/cm ²	15 J/cm ²
Pulse duration	3 ms	3 ms	3 ms	3 ms	3 ms	3 ms
DMC cooling level	5	5	5	5	5	5
Mode type	Avalanche mode	Avalanche mode	Avalanche mode	Stamping mode	Stamping mode	Stamping mode
Frequency	4 Hz	4 Hz	3.4 Hz	2 Hz	2 Hz	2 Hz
VAS pain	1 out of 10	1 out of 10	2 out of 10	2 out of 10	2 out of 10	2 out of 10
Sessions	6 sessions 6 weeks apart					



Neja Gerdovic holds a Bachelor of Science degree in Cosmetics. During her studies, she gained practical experience with various laser systems for hair reduction and aesthetics. Currently, she is employed at the LA&HA Institute as a laser therapist and assistant, specializing in laser treatments. She also contributes to research projects involving Fotona lasers, further developing her expertise in aesthetic laser procedures.

CLINICAL CASE:

A patient in her thirties, Caucasian, with fair skin and dark hair, requested laser hair removal on the bikini area. She reported mild ingrown hairs in this region. We utilized the AvalancheLase® laser system with a 755 nm wavelength for the procedure. The treatment consisted of six sessions spaced six weeks apart. We gradually increased the fluence between sessions to achieve effective hair removal. Before and after photographs were taken seven days post-shaving to provide informative results.

Following the procedure, she avoided hot showers, bathing, and sauna for 3 days to prevent irritation of the treated area. Otherwise, no special care was required for the area. Follow-up photographs were taken six months after the final session. Differences in hair density and thickness were clearly evident in the photographs. The patient is highly satisfied with the achieved results. The effectiveness of hair removal is noticeable, and the procedure outcomes were successful.

Before, 7 days post shaving



6 months after the last treatment (photo taken 7 days post shaving)



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