



# Laser Hair Removal and Reduction of "Strawberry Skin" Appearance on Legs with AvalancheLase® (755 nm)

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Introduction:

Strawberry skin refers to the appearance of dark and red spots on the skin, resembling the seeds of a strawberry. These spots occur when hair follicles become clogged with oil, dead skin cells, or bacteria. After shaving, these clogged follicles can become more noticeable, as the exposed skin can reveal trapped debris or the darkened base of the hair follicle. It is more common in individuals with thick, dark hair and larger pores. The condition is harmless but can be a cosmetic concern for those affected.

Photoepilation is a long-term hair removal technique that uses thermal energy to destroy hair follicles and thus also reduces the appearance of strawberry skin. Effective laser wavelengths are needed to penetrate the dermis and target melanin in the hair root. Multiple sessions are required, as laser treatment is most effective on hair in the anagen growth phase.

Laser	AvalancheLase®					
	1 <sup>st</sup> session	2 <sup>nd</sup> session	3 <sup>rd</sup> session	4 <sup>th</sup> session	5 <sup>th</sup> session	6 <sup>th</sup> 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	20 mm	20 mm	20 mm	20 mm	20 mm	20 mm
Fluence	10J/cm <sup>2</sup>	11 J/cm <sup>2</sup>	12 J/cm <sup>2</sup>	15 J/cm <sup>2</sup>	14 J/cm <sup>2</sup>	14 J/cm <sup>2</sup>
Pulse duration	3 ms	3 ms	2 ms	3 ms	3 ms	2 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	3.6 Hz	3.6 Hz	3.4 Hz	2 Hz	2 Hz	2 Hz
VAS pain (0 – 10)	1	1	2	4	3	3
Sessions	6 sessions 6 weeks apart					

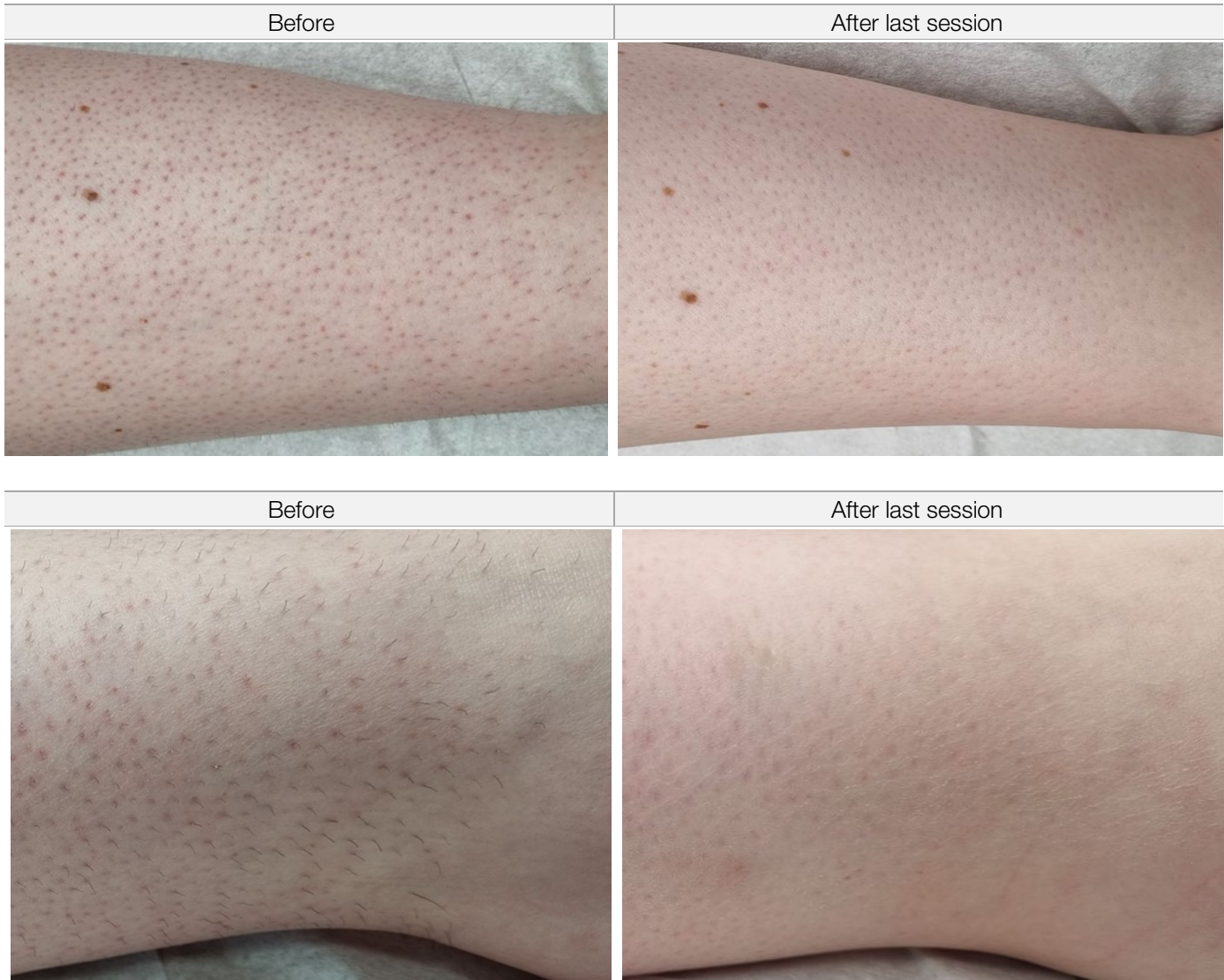


Neja Gerdovic holds a Bachelor of Science degree in Cosmetics. During her studies, she gained practical experience with various laser systems for hair removal and aesthetics. Currently, she is employed at the LA&HA Institute as a laser therapist and assistant, specializing in laser treatments. She also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

CLINICAL CASE:

A female patient in her late twenties, Caucasian, with fair skin and brown hair, requested laser hair removal on lower legs primarily to address the appearance of strawberry skin on her legs rather than just the removal of the hair itself. We performed the treatment using a 755nm Fotona AvalancheLase® laser device. A total of six sessions were carried out, each spaced approximately six weeks apart. Two hair removal techniques were combined. In the first three sessions, the »avalanche« technique with lower fluence and multiple passes at higher frequency, where we achieved 40 kJ of cumulative energy per leg, was used. In the next three sessions »stamping« technique with higher fluence, lower frequency and around 10% overlap was used. Pre-treatment photos were taken seven days after shaving, and post-treatment images were captured six months after the final session.

The patient adhered to standard post-care guidelines, including avoiding sun exposure, hot water, pools, and saunas. She no longer needs to shave regularly and reported a 90% reduction in hair growth, with at least a 70% improvement in the appearance of strawberry skin. Remaining redness is less prominent and visibly reduced. The patient is very pleased with the results.



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