

# WORLD AESTHETIX

## Laser Hair Removal Protocol Cheat Sheet

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### PATIENT ASSESSMENT

Assess Fitzpatrick Skin Type, hair color/thickness, recent sun exposure, medications, hormonal conditions, and contraindications. Dark coarse hair responds best.

### PRE-TREATMENT

No waxing/threading/plucking for 2–4 weeks. Avoid tanning. Shave 24 hours prior. Remove lotions, deodorant, and makeup before treatment.

### COMMON WAVELENGTHS

**755nm Alexandrite:** Skin I–III

**808nm Diode:** Skin I–V

**1064nm Nd:YAG:** Skin IV–VI / tanned skin

### CLINICAL ENDPOINT

Mild perifollicular erythema and edema ('goose bump' appearance). Avoid excessive epidermal whitening, blistering, or purpura.

### TREATMENT INTERVALS

Face: 4–6 weeks | Axilla/Bikini: 6–8 weeks | Legs/Back: 8–10 weeks

### AVERAGE SESSIONS

Typically 6–8 sessions for coarse dark hair. Hormonal areas may require 8–12+ sessions plus maintenance treatments.

### POST-TREATMENT

Use SPF 30+. Avoid heat, workouts, saunas, and sun exposure for 24–48 hours. Mild redness and shedding are normal.

### DARKER SKIN TYPES

Use conservative settings, longer pulse durations, aggressive cooling, and consider test spots. Long-pulsed 1064nm preferred.

### CONTRAINDICATIONS

Avoid treatment over active infection, open wounds, recent tanning/sunburn, or photosensitizing medications.

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