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## GentleLASE® Plus Treatment of Unwanted Hair

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### Introduction

Unwanted hair is a common problem among both men and women. Prior to the application of lasers to hair removal, long-term results often took a long time to achieve. With lasers, we are able to achieve permanent results much faster and with less pain than was previously possible. Furthermore, advances in epidermal cooling have decreased the potential for side effects.

The GentleLASE Plus combines the largest spot size available with the most effective method of epidermal cooling to create a device with unmatched speed and safety. Cleared by the FDA for permanent reduction, the GentleLASE Plus makes it possible to treat large areas in one session. The Dynamic Cooling Device™ (DCD™) delivers an adjustable dose of cryogen just prior to the laser pulse. Thus, the DCD can be adjusted based on skin type, spot size, and patient comfort. Not only does this give more control over epidermal cooling, but also allows for an unobstructed view of the treatment area.

### Method

R.C. initially presented for treatment of unwanted hair on his chest and abdomen in June 2000. An initial exam demonstrated moderately dense brown hair on the chest and abdomen with type III skin. R.C. was initially treated with the GentleLASE Plus with the following parameters: 16 J/cm<sup>2</sup>, 18 mm spot size, and a DCD setting of 70 ms spray with a delay of 40 ms. As expected, the area treated was hair free for approximately eight weeks.

On the second and subsequent treatments, R.C. was able to tolerate 20 J/cm<sup>2</sup>. All other

parameters remained the same. R.C. eventually received a total of five treatments at approximately eight-week intervals. On follow-up examination, the patient demonstrated approximately a 90% reduction in the amount of hair on the treated area. Needless to say, the patient was delighted with the results.

### Discussion

Unwanted hair is a problem that plagues both men and women. Historically, people have removed hair with a variety of methods, including shaving, plucking, waxing, chemicals, and electrolysis. The limitation of most of these methods is the temporary results. Electrolysis offers permanent results; but due to its tedious nature, it was reserved for small areas or very motivated clients. Lasers are able to address both of these shortcomings. With the application of laser technology to unwanted hair, it became possible to treat large areas quickly and still achieve long-term results. Like any new technology, early hair removal lasers had their limitations. Either they produced good long-term results with a high incidence of side effects or they had a transient effect with a low incidence of side effects. The GentleLASE Plus utilizes the 755 nm Alexandrite wavelength combined with the DCD to achieve a permanent result with a low incidence of side effects. The 3 ms pulse duration is effective even on small diameter hairs. The low incidence of side effects even with the 3 ms pulse duration is testament to the effectiveness of the DCD. Unlike contact cooling methods that either

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obscure the treatment area or require precise technique, the DCD allows for direct visualization of the treatment area without any complex maneuvering by the operator.

In general, the GentleLASE Plus is easy to use and effective. Most studies involving hair counts have demonstrated an 80-90% reduction in the amount of hair on the treated area with three to four treatments. However, most clients are striving for 100% clearance and oftentimes undergo more treatments in hopes of achieving that result.



**Figure 1—Pretreatment**



**Figure 2—Post-treatment**

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