

## QueerDoc Summarizes Hair Removal

	Description	Benefits	Risks	Costs
<b>Laser</b>	<ul style="list-style-type: none"> <li>-does not eliminate unwanted hair forever</li> <li>-uses a laser to damage hair follicles sufficiently to reduce hair growth</li> <li>-will permanently diminish hair growth, but does not eliminate unwanted hair forever — eventually, the hair will grow back</li> </ul>	<ul style="list-style-type: none"> <li>-<b>Precision:</b> The lasers quickly target coarse, dark hairs.</li> <li>-<b>Speed:</b> Laser pulses take just milliseconds, and can treat several hairs at once, which means that small areas can be treated in just minutes.</li> <li>-<b>Lighter growth and color:</b> New hair growth tends to be less dense than before, and the new hair is often a few shades lighter than the original hair.</li> <li>-<b>Efficacy:</b> Many people see long-term results after 3 to 8 sessions.</li> </ul>	<ul style="list-style-type: none"> <li>-<b>Not suitable for all coloring:</b> works best on people with light skin and dark hair <i>**Unless you use a Clear + Brilliant pelo laser</i></li> <li>-<b>Risk of adverse reactions:</b> discolored skin, swelling, skin redness, blisters, and scarring. Some of these resolve within hours of the treatment.</li> <li>-<b>Photosensitivity:</b> direct exposure to the sun must be avoided immediately after the procedure. Avoid sunlight and tanning for 6 weeks prior as well</li> <li>-<b>Dangers of numbing products:</b> the use of skin-numbing products has led to reports of serious and life-threatening side effects occurring after individuals applied to large areas of body</li> </ul>	<ul style="list-style-type: none"> <li>\$200-\$400 per visit with 6-8 sessions usually required</li> <li>-touch-ups often needed every 6-12 months</li> <li>-home lasers can reduce cost, but increase risk</li> </ul>
<b>Electrolysis</b>	<ul style="list-style-type: none"> <li>-can permanently remove hair follicles</li> <li>- involves passing an electrical current through a hair follicle, which damages the follicle and prevents new hair growth</li> <li>-the only method of permanent hair removal available</li> </ul>	<ul style="list-style-type: none"> <li>-<b>Permanent:</b> Electrolysis is the only FDA-approved method of permanent hair removal.</li> <li>-<b>Versatility:</b> effective for people with any skin type, skin color, hair type, and hair color. Suitable for any area of the body — including the eyebrows.</li> <li>-<b>No recovery time:</b> People can resume their daily activities immediately after the procedure.</li> <li>-<b>Maintenance-free:</b> There is no need to schedule an annual electrolysis session — once the hair has been removed no more treatments are necessary.</li> <li>-<b>No harsh chemicals:</b> Unlike with laser hair removal or hair bleaching, electrolysis does not require the use of chemicals on the skin.</li> </ul>	<ul style="list-style-type: none"> <li>-<b>Several sessions:</b> If larger areas are being treated, it can take several long sessions to achieve permanent results. Also, removing coarse hair requires more sessions. Up to 30 treatments.</li> <li>-<b>Discomfort:</b> People undergoing electrolysis hair removal may experience some pain and discomfort. It may help to take a pain reliever before treatment and to apply ice following the session.</li> <li>-<b>Potential for adverse effects:</b> These include scarring in rare cases or infection from unsterilized needles.</li> </ul>	<ul style="list-style-type: none"> <li>-\$30-\$100 or more per session, depending on the length of the session</li> <li>-treatments weekly to every other week for 2-24 months</li> </ul>

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- Not covered by insurance:
  - Gender Diverse Competent Clinics
    - Find local clinics with experience in treating gender diverse people via QueerDoc's Resource page, Facebook groups, or Google/search engine
    - Sometimes these clinics offer sliding scale
  - Groupon
    - Laser hair removal packages for deep discounts
      - May not be culturally competent or experienced with gender diverse people
      - Safe and effective on people with fair skin and dark hair
      - Needs to be a special laser to be safe and effective for people with dark skin tones and dark hair
        - Clear + Brilliant pelo (more commonly available at dermatologist offices)
- Covered by insurance:
  - Ask your insurance what clinics you can go to with your plan

### \*New laser:

Pacific Dermatology and Cosmetic Center has the pelo laser:

<https://www.pacificdermcenter.com/laser-treatments/clear-brilliant-pelo/>

### Home Laser Options with FDA Approval:

- Persistency and consistency is essential with both, will take longer/more treatments than estimated on the packaging
- Can pre-treat with ibuprofen and lidocaine cream
- Braun: <https://us.braun.com/en-us/female-hair-removal/ipls/silk-expert-pro-3-purple-pl3111?bvstate=pg:2/ct:r>
  - More affordable
  - Wider treatment area
  - Not approved for face
- Tria: <https://www.triabeauty.com/products/hair-removal-laser-4x>
  - Was first available home laser with FDA approval

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- Not approved for face
- Tria Precision: <https://www.triabeauty.com/products/hair-removal-laser-precision>
  - Approved for face