QueerDoc Summarizes Hair Removal

	Description	Benefits	Risks	Costs
Laser	-does not eliminate unwanted hair forever -uses a laser to damage hair follicles sufficiently to reduce hair growth -will permanently diminish hair growth, but does not eliminate unwanted hair forever — eventually, the hair will grow back	-**Precision:** The lasers quickly target coarse, dark hairs. -**Speed**: Laser pulses take just milliseconds, and can treat several hairs at once, which means that small areas can be treated in just minutes. -**Lighter growth and color**: New hair growth tends to be less dense than before, and the new hair is often a few shades lighter than the original hair. -**Efficacy**: Many people see long-term results after 3 to 8 sessions.	**-Not suitable for all coloring**: works best on people with light skin and dark hair ***Unless you use a Clear + Brillant pelo laser* **-Risk of adverse reactions**: discolored skin, swelling, skin redness, blisters, and scarring. Some of these resolve within hours of the treatment. **-Photosensitivity**: direct exposure to the sun must be avoided immediately after the procedure. Avoid sunlight and tanning for 6 weeks prior as well **-Dangers of numbing products**: 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	$200-$400 per visit with 6-8 sessions usually required -touch-ups often needed every 6-12 months -home lasers can reduce cost, but increase risk
Electrolysis	-can permanently remove hair follicles - involves passing an electrical current through a hair follicle, which damages the follicle and prevents new hair growth -the only method of permanent hair removal available	**-Permanent**: Electrolysis is the only FDA-approved method of permanent hair removal. **-Versatility**: effective for people with any skin type, skin color, hair type, and hair color. Suitable for any area of the body — including the eyebrows. **-No recovery time:** People can resume their daily activities immediately after the procedure. **-Maintenance-free:** There is no need to schedule an annual electrolysis session — once the hair has been removed no more treatments are necessary. **-No harsh chemicals:** Unlike with laser hair removal or hair bleaching, electrolysis does not require the use of chemicals on the skin.	**-Several sessions:** 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. **-Discomfort:** 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. **-Potential for adverse effects:** These include scarring in rare cases or infection from unsterilized needles.	-$30-$100 or more per session, depending on the length of the session -treatments weekly to every other week for 2-24 months

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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
    - Not approved for face

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- Tria Precision: https://www.triabeauty.com/products/hair-removal-laser-precision
    - Approved for face
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