



# THE USE OF A GLYCERIN LOTION TO RELIEF THE PAIN AFTER EPILATION LASER

Instituto de Dermatologia Prof. Rubem D. Azulay  
Santa Casa da Misericórdia do Rio de Janeiro  
Chefia: Dr. David Rubem Azulay

Nome dos Autores F. R. P. C. Leal<sup>1</sup>, J. J. T. Mesquita<sup>1</sup>

## The use of a glycerin lotion to relief the pain after epilation laser

**Background** Despite the widespread use of lasers for hair removal there are few data published on the incidence for something that reduce the pain. **Objectives:** Laser hair removal is a relatively new procedure. Our purpose was to study the efficacy and safety of a high-power, pulsed diode laser array for removing unwanted hair reducing the pain. **Methods:** A total of 38 subjects were treated with a prototype of the 810-nm diode laser system. Fluences ranging from 5 to 10 J/cm<sup>2</sup> were used and 1 to 6 treatments were performed. Evaluation of hair loss was performed at least 4 months after the last treatment by a blinded assessment of clinical photographs. All patients used the glycerin lotion after the laser. **Results** A total of 45% of the subjects had only sparse hair regrowth at the final follow-up. Higher fluences and multiple treatments produced greater long-term efficacy. Transient pigmentary changes occurred in 35% of the subjects and were more common in darker skin types IV to VI **Conclusion** The 810-nm diode laser is an efficient and safe technique for hair reduction. Adverse pigmentary effects occur, but are transient, and the lotion was a good option to reduce the pain after the procedure.

### Case #1:



Patient female, 36 years old, complaining of hair around your chin. She would like to reduce the hair. Since she was 13 years old, she has the hair. The patient did the first session of the diode laser, 20 passes with using 7J. We used the glycerin lotion after the procedure. The patient already did 3 sessions.

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Paris, France  
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phone: (800) 247-9951 phone: (816) 221-2442 fax: (816) 221-3995  
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## Case #2:



Patient male, 41 years old, presenting many hair around your mouth. We did diode laser, 6J, 15 passes in each area. Immediately after the procedure we used glycerin lotion

## Case #3:



Patient female, 38 years old, presenting in your legs for 26 years. We did diode laser, 8J, 25 passes, in all the leg, and after that we used the glycerin lotion.

## References

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