PATIENT INFORMATION

Laser Hair Removal

Everything you need to know before, during and after your treatment with the InMode Diolaze XL tri-wave diode laser. Please read this guide carefully and keep it for reference throughout your course.

01 How the treatment works

The Diolaze XL is a diode laser that combines three wavelengths. Laser energy is absorbed by the melanin (pigment) in the hair follicle, heating and damaging it so that it is less able to regrow hair. We have two handpieces, so your practitioner can match the treatment to your skin tone and hair type:

Fusion Light

755 / 810
NM HANDPIECE

Highly effective for lighter skin tones and finer hair.

Fusion Dark

810 / 1064
NM HANDPIECE

Designed for darker skin tones, reaching deeper with less effect on the surface pigment.

Combining wavelengths lets us target the follicle at different depths, which helps make treatment effective and suitable for a wide range of skin and hair types.

Comfort & safety

A cooled treatment tip with chilled airflow protects the skin and keeps you comfortable throughout. You and your practitioner will both wear protective eyewear for the whole session.

What it feels like

Most clients describe a quick snap, like an elastic band, or a brief warm prick. Treatment is generally well tolerated.

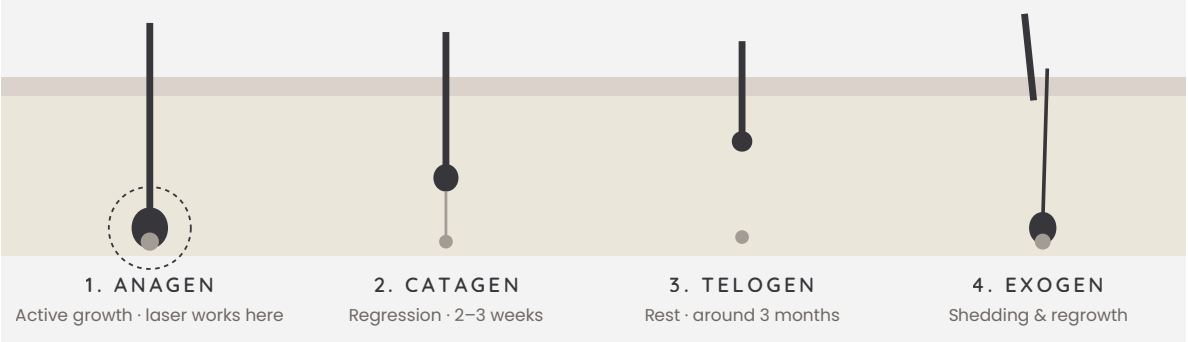
02 Results & the hair growth cycle

Laser hair removal gives **long-term hair reduction**, not complete or permanent removal. Many clients notice a visible reduction after 2–3 sessions, with the best results after a full course.

6–10	4–8	~20%
SESSIONS IN A COURSE	WEEKS BETWEEN SESSIONS	HAIRS ACTIVELY GROWING

How many sessions you need depends on you and the area treated. Areas with denser, coarser hair, such as the intimate area, often need more sessions than areas like the legs or underarms. Men, and people with polycystic ovary syndrome (PCOS) or other hormonal changes, may also need more sessions, as hormones can stimulate new hair growth. Your practitioner will talk you through a realistic plan at your consultation.

Hair grows in cycles, and the laser only works on hairs in the **anagen** (active growth) phase, when the follicle is attached to its blood supply. Because only a small share of hairs are in this phase at any one time, treatments are spaced to catch new hairs as they enter it.



The hair growth cycle. Only follicles in the anagen phase respond to laser, which is why a course of treatments is needed.

By completing a full course at the correct intervals, we treat more hairs in the anagen phase, giving progressive and long-lasting reduction. Many clients see around 70–90% reduction after a completed course; results vary from person to person, and some areas benefit from occasional maintenance sessions.

03 Side effects & safety

Laser hair removal is a well-established procedure. Some short-lived reactions are expected and are a normal sign the treatment has worked.

Common & expected

- **Redness and small bumps** around the follicles (perifollicular oedema), usually settling within a few hours to 48 hours.
- Warmth, tingling or mild sensitivity, similar to light sunburn.
- **Hair shedding** 1–3 weeks after treatment. Treated hairs may look like they are still growing before they fall out.



Examples of normal post-treatment redness and raised follicles.

Less common

Temporary changes in skin pigment (lighter or darker patches), blistering or scabbing can occur, particularly if aftercare is not followed. **Please contact us** if you notice blistering, signs of infection, or pigment changes that do not settle.

04 Before your treatment

- Avoid sun exposure, sunbeds and fake tan before treatment.
- Apply SPF 50+ daily to exposed treatment areas.
- **Do not wax, pluck, thread or use hair removal creams** for at least 4 weeks beforehand. The follicle must be present for the laser to work.
- **Please shave** the area 12–24 hours before your appointment.
- Stop active skincare (retinoids, glycolic acid, salicylic acid, benzoyl peroxide) 3–5 days before.
- On the day, avoid perfume, deodorant or lotions on the treatment area.
- Tell us about any new medication, especially antibiotics or anything that makes you sensitive to light.

05 After your treatment

- Apply cool compresses or aloe vera gel if the skin feels warm.
- Use gentle, fragrance-free cleansers and moisturisers.
- Avoid hot showers, saunas, steam rooms and exercise for 24–48 hours.
- Do not scratch, scrub or pick at the treated area.
- Avoid sun and tanning for at least 2 weeks, and use SPF 50+ every day.
- Expect shedding over 1–3 weeks. Don't pluck or wax; gentle exfoliation after the first few days can help hairs release.
- Avoid actives, scrubs and peels for 3–5 days.

06 Your patch test

Before starting your course, we will carry out a patch test on a small area at the settings planned for your treatment. This lets us check how your skin responds and adjust if needed. We wait at least 24–48 hours before your first full session; your practitioner may advise a longer wait depending on your skin type.

Questions or concerns?

If anything about your skin worries you after treatment, please don't wait for your next appointment. Contact the team at **info@axisclinic.co.uk** or visit us at 32 Broadway Parade, Crouch End, London N8 9DB.

Learn more online

Read more about laser hair removal at The AXIS Clinic on our website, or scan the code with your phone camera.

axisclinic.co.uk/laser-hair-removal

> This leaflet is general guidance and does not replace your consultation. Your practitioner will tailor your treatment plan, settings and aftercare to you.