

Laser hair removal for inflammatory conditions (Pilonidal Sinus Disease)

Lasers and Intensive Pulse Light (IPL) machines are used to reduce hair growth.

Studies have shown that laser hair removal of the affected area, reduces the rate of recurrence of Pilonidal Sinus Disease. The laser only treats the hairs that are in the growing stage (anagen) therefore the need for a series of treatments. Lasers do not work on light hairs as the light is attracted to melanin which is lacking in these hairs.

On average 6 treatments are recommended every 6-8 weeks after which the hairs become fewer and finer. Patients are recommended maintenance treatments after that (a couple of times a year) to further reduce the chance of recurrence. Overall, laser treatments reduce the hair growth and the hair coarseness. The hair free intervals lengthen and the hairs become finer.

You will first have a consultation and a test patch when you will have the chance to ask questions and discuss the treatment. The type of laser will be chosen according to your individual needs. Darker skins can also be safely treated.

Before the procedure

Please do not suntan or apply self tan before treatment. The light is attracted to the melanin in the hair follicles so the darker the skin, the higher the risks associated with laser hair removal.

Do not pluck or wax the hairs before treatment. You are able to shave or cut the hairs.

During the treatment

Safety eyewear must be worn to protect your eyes from the light generated by the machine. Most patients describe the procedure as a little uncomfortable, with a tingling or stinging sensation during treatment. The discomfort varies with each person, depending on your individual pain threshold.

After treatment

The treated area will be red and may have goose bumps for an hour or so. This is normal. The skin may feel sensitive for a day or two (like a sun-burn). You can apply aloe vera gel, calendula ointment or Vaseline. Some peeling or scabbing may occur with temporary changes in skin colour, usually in the form of dark marks.

Avoid hot baths and showers while the skin is sensitive (lukewarm water is permitted) and excessive workouts for a couple of days. Avoid sitting for long hours immediately after the treatment (cycling, flying) and wear loose clothing.

Do not expose the area to sun or self-tan for at least 4 weeks after treatment.

The hair will grow and fall out in a few days up to two weeks. Another treatment will be booked a few weeks later.

Risks

The risks associated with laser treatment include: burning, blistering, change in pigmentation, scarring. Laser treatment is not suitable for pregnant women, people suffering from epilepsy or who had taken Roaccutane for the past 6 months.

Prices

The cost is related to the lasering time. Prices include professional fees and clinic fees and are paid on the day of the treatment.

About your Practitioner

Liliana has extensive experience in treating patients with Pilonidal Sinus Disease. She uses the safest technology for darker skin (NdYAG lasers).

Liliana has published articles on Reducing the Recurrence of Pilonidal Sinus Disease and lasers in medical journals abroad and in the UK.

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