



LASERS

## CLINICAL COMPARISON OF TWO DIFFERENT LASER WAVELENGTHS IN FINE HAIR REDUCTION ON INDIAN SKIN

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**Background :** In India there are very few studies done on lasers used in hair removal. Further on the studies comparing different lasers in hair removal are rare.

**Objective:** Evaluate and compare the efficacy and safety of In motion diode versus Q-switched Nd YAG laser in fine hair reduction of skin types IV & V.

**Materials and methods:** In a prospective comparison study, a total of 23 females, age between 18 to 40 years, with hair type IV, skin type IV (n =22) and skin type V (n=1 ) were taken. Areas selected for lasing were upper lips (n = 11), side locks (n = 12), forearms (n = 11). The volunteers were subjected to Q- switched Nd-YAG on left side and in motion diode laser on right side of the selected body parts. Every individual received 4 sessions of laser spaced at 6 weeks irrespective of the area. Each treatment area was evaluated with a diagnostic camera system specifically designed for hair counts and hair diameter prior to start of the study at end of each session and 3 months after the end of fourth session.

**Results:** A follow up was conducted after 3 months of completion of 4 sessions. It was found that there was more than 50% reduction in hair count with In motion diode laser in 43%, 50%, 17% patients at forearms, side locks and upper lips respectively. While more than 50% reduction in hair count with Q- switched Nd-YAG was found in 14%, 0%, 33% of patients at forearms, side locks and upper lips respectively. No adverse events were seen with either of the laser systems.

**Conclusion:** According to our study, In motion Diode works better in fine hair reduction, though further studies are needed.

