



LASERS

SAFETY AND EFFICACY OF LASER PERMANENT HAIR REDUCTION TREATMENT IN SKIN TYPE VI NIGERIAN PATIENTS

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Background: Laser permanent hair reduction is a new practice in Nigeria. Its efficacy, safety or otherwise is not known. Also, the effective fluence, safe pulse width is not known.

Methods: This was a retrospective chart review over a one year period; January to December 2017. Case records of all the patients who came to the clinic for laser hair reduction were retrieved and relevant information was extracted. The Nd-Yag 1064 long pulse laser, spot size 12 was used in this treatment. Pre and simultaneous cooling was done with the Zimmer Cryo 6. Patients were treated every 4 to 6 weeks with varying fluences and pulse widths. Simple means and frequencies are presented.

Results: Fifty one patients were treated and 133 sessions were done. Of the 51 patients 2 were male. The age range of the patients was 17 to 60 years. The indication for hair reduction was strictly cosmetic in 94%. Effective fluence and pulse width ranged from 13-20 J/cm² and 14-21ms respectively. All the patients reported a marked reduction in hair growth with having to shave 0-1 time between sessions. The most treated area was the face followed by the armpit followed by the pubis. Two patients had superficial burns despite using a low fluence (13,14) and pulse width (15,16).

Conclusion: Laser treatment for hair reduction is safe and effective in Nigerian patients.

KEY WORDS: LASER, HAIR REDUCTION, ND-YAG LASER, SKIN TYPE VI, NIGERIA.

