



PHOTOTHERAPY, PHOTODYNAMIC THERAPY

COMPARISON BETWEEN TWO INTENSE PULSED LIGHT DEVICES USED FOR PHOTOEPILATION

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Background: Unwanted hair growth is a common aesthetic problem. Intense pulsed light (IPL) hair removal has emerged as a leading treatment option for long-term depilation.

Objective: The main goal of this study was to compare the hair removal efficacy and patient satisfaction of two intense pulsed light (IPL) devices in axillary epilation.

Methods: Patients with phototypes I to III (n = 800) were subjected to 4 regular sessions (n=3200) of intense pulsed light (interval of 4 weeks), with 2 months follow-up at the end of treatment. Two devices (Silk'n, Home Skinovations, Kfar Saba, Israel, lem=475-1.200 nm, fluence 3-5 J/cm², and Rejuvене, fluence 18-24J/cm², 650nm) were analyzed through a questionnaire about adverse effects, pain and satisfaction (Likert scale). Ethic Committee has approved the protocol.

Results: This study of 3.200 ILP sessions did not show any serious side effects and the number of side effects was minimal (8.75% to 10.5%). Patient satisfaction was over 90% and with no significant difference between both sources. Both devices provided a similar and significant reduction in hair density and there was no difference in side effects (p=0.40).

Conclusions: Both tested sources proved its safety and efficacy for hair removal. Patient satisfaction scores were in agreement with the treatment efficacy. The incidence of side effects has no difference between devices. Axillary bromhidrosis was an unexpected side effect.

