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## Hair shaving versus snipping before laser hair removal in hirsute women: Does it make difference in paradoxical hypertrichosis?

Robabeh Alijanpour<sup>1</sup> and Fatemeh Aliakbarpour<sup>2</sup>

<sup>1</sup>Iranian Laser Association, Babol, Iran

<sup>2</sup>Babol University of Medical Sciences, Iran

**Statement of the Problem:** Hirsutism or excess hair growth is a common dermatological problem in females, affecting up to 10% of females worldwide. We aimed this study to compare the two hair-shortening methods shaving vs. snipping among hirsute women regarding the outcome of the therapy and also the paradoxical hypertrichosis phenomenon (terminal hair re-growth) 6 months after the final therapy session.

**Methodology & Theoretical Orientation:** In this study, 129 premenopausal women affected by hirsutism were randomly divided into two study groups according to hair-shortening method: Shaving as group A (66 patients) and hair shortening by scissor as group B (63 patients). Each patient received six alexandrite laser therapy sessions every month for six consecutive months. Chin hairs in a 595 cm<sup>2</sup> zone were counted and the paradoxical hair re-growth was evaluated four times during the study: Once at baseline, once before the third session, once before the sixth session and once 6 months after the last laser session.

**Findings:** Before the third session, the counts were 15.06±5.20 in group A and 13.07±4.44 in group B (P=0.022); both counts were meaningfully less than the baseline count (P<0.001). The counts before the sixth session were 2.80±1.16 in group A and 2.71±1.12 in group B (P=0.673); the counts were significantly lower than the previous session (P<0.001). Six months after the last laser session, the counts were 11.27±9.30 in group A and 8.15±3.12 in group B (P=0.012). Paradoxical hypertrichosis was observed in three patients of group A vs. no patients in group B.

**Conclusion & Significance:** Both shaving and using a scissor for hair shortening showed similar short-term results but in one-year follow-up, paradoxical hypertrichosis was only observed in shaving group and also a lower hair count was observed in the snipping group.

### Biography

Robabeh Alijanpour is Medical Doctor, graduated from Babol University of Medical Sciences, Babol, Iran. She has then completed Academic Laser Course at Research and Science University of Tehran and received a license 2008. Her expertise is in cosmetics and laser therapy. She is the Member of World Association for Laser Therapy (WALT) and Iranian Medical Laser association (IMLA) since 2008. She is interested in research in the field of dermatology and cosmetics and published in several valuable journals and presented in international congresses in this field.

dr\_r.alijanpour@yahoo.com

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