

## Which factors predict recurrence after hair removal laser treatment: A multivariate regression

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**Objective and Aim:** Unwanted hairs are a common problem in which different light sources were developed as the treatment of choice. Although hair removal lasers are considered as ultimate treatment of unwanted hair especially in women, most clinician encountered to recurrence after laser treatment. This study was made to determine recurrence rate in women without hormonal dysfunction and various factors that influenced recurrence after treatment with HRL.

**Patient and Methods:** 122 women whom treated by various HRL and their facial hairs were disappeared completely followed minimum by 24 months. Recurrence was defined as terminal hair growth in treated region. Hormonal assessment was normal before laser treatment and during recurrency in none of them antiandrogen was used during the study.

**Results:** Recurrence rate was 47% Mean of follow up time was 26.5+11.35 months .MLR was used to determine the effect of every factor independently. Our results clarified that laser type( $p=0.67$ ), patient age( $p=0.513$ ), treated region( $p=0.554$ ), skin type( $p=0.379$ ) and session numbers( $p=0.424$ ) had no statistical significance in recurrence. Hair loss ( $p=0.009$ ), premense acne ( $p=0.031$ ) and  $bmi>27$  ( $p=0.004$ ) are associated significantly with recurrence.

**Conclusion:** In patients with unwanted hair who suffered from hair loss, premense acne or  $bmi>27$  recurrences is expected after HRL and antiandrogen therapy should be considered.

### Biography

Afshin Sadighha is a board-certified dermatologist and independent researcher. He has a special interest in laser medicine, laser hair removal, and skin resurfacing, and lectures regularly at international conferences and meetings. Sadighha has published extensively in peer-reviewed journals and is a reviewer for the Journal of the American Academy of Dermatology. He is the principal investigator for several clinical trials including those studying the safety and efficacy of various laser and light sources in cosmetic dermatology.

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