

## A Brief Note on Laser Therapy for Hair Removal

Hiraku Shamir\*

Department of Dermatology and Radiology, Shiraz University of Medical Sciences, Shiraz, Iran

### DESCRIPTION

Unwanted hair is a common problem. Hirsutism extra hair boom in androgen-structured areas and hypertrichosis more hair density at any frame site, may also have an effect on psychologic fitness with the aid of using inflicting despair and anxiety. Hair elimination through shaving, waxing, plucking, chemical depilatories, and electrolysis can enhance one's great of life, however lots of those strategies offer brief answers to undesirable hair. Although electrolysis may also completely eliminate hair. Three Laser remedy has emerged because the criterion widespread in hair depilation.

In 1996, the 694-nm ruby laser became the primary laser tool officially studied for hair elimination. Long remedy times lasting from a couple of minutes for the face to numerous hours for the back confined its realistic use. Shortly thereafter, the great-switched Neodymium Doped Yttrium Aluminium Garnet (Nd:YAG) laser in mixture with a carbon-primarily based totally topical suspension have become the primary laser hair elimination remedy that the Food and Drug Administration (FDA) approved. Upon laser-precipitated heating, the carbon debris served to selectively harm the hair follicles in contact. Hair regrowth became behind schedule with the aid of using up to three months however now no longer completely.

Today's laser gadgets offer longer-lasting consequences because of centered destruction of the germinative cells in hair follicle bulge, Anderson and Parrish's precept of selective photothermolysis explains the mechanism in the back of such mild-primarily based totally therapies. Lasers emit mild onto the pores and skin floor this is reflected, scattered, transmitted, or absorbed [1]. At unique height wavelengths with inside the crimson to near-infrared variety of electromagnetic radiation (six hundred–1100 nm), absorbed mild strength heats the goal chromophore withinside the pores and skin. The maximum not unusual place chromophores are melanin, oxyhemoglobin, tattoo pigment, water and collagen. Selective tissue destruction happens while surest parameters of wavelength, emittance, and pulse period confine heating and next damage to the favored chromophore without dissipation to surrounding tissues. The hair follicle is a completely unique shape in that there's spatial

separation of the chromophore (melanin) withinside the hair shaft and the biological "goal" stem cells withinside the bulge region. Wavelengths of 600 to 1100 nm want absorption with the aid of using melanin withinside the hair matrix [2].

Long-pulse ruby (694 nm), long-pulse alexandrite (755 nm), long-pulse diode (810 nm), long pulse Nd:YAG (1,064 nm), and extreme pulsed mild (IPL) (590–1200 nm) ruin hair photothermally with the aid of using emitting wavelengths inside this variety. Melanin absorbs mild higher at decrease wavelengths. Melanin absorbs mild strength, converts it into warmth, after which diffuses it, which reasons collateral harm to the bulge cells. Emittance and pulse period impact the quantity of warmth absorbed [3]. Emittance or strength density ( $J/cm^2$ ), determines the height temperature reached withinside the goal shape. Pulse period is the duration of time spent at a given temperature. The maximum selective thermal harm happens while the heartbeat period strategies the Thermal Rest Time (TRT) of the goal chromophore. TRT is described because the time vital for the heated tissue to chill to 1/2 of its height temperature [4-6].

If the heartbeat period is longer than the TRT, warmth dissipates from the chromophore earlier than irreversible thermal harm happens; if the heartbeat period is lots shorter than the TRT, immoderate harm may also occur; and if the laser publicity time is simply shorter than the TRT, the chromophore can't disperse its warmth, and thermal harm is restrained to the goal. Thermal rest time is immediately associated with the chromophore's size [7]. Quality switched lasers perform withinside the nanosecond variety and are used to goal those smaller chromophores. Long-pulse lasers carry out withinside the millisecond variety, exceptional approximating the TRT of hair follicles (10–a hundred ms) [8].

Epidermal melanin competitively absorbs the equal wavelengths used for hair elimination. In darker skinned individuals, the more epidermal melanin content material competes with the hair follicle for mild absorption, growing the danger of thermal blisters and hyperpigmentation. Moreover, a discount withinside the general quantity of strength this is capable of attain the melanin deep withinside the hair shaft decreases the general

**Correspondence to:** Hiraku Shamir, Department of Dermatology and Radiology, Shiraz University of Medical Sciences, Shiraz, Iran, Email: Shamir@hiraku.ir

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efficacy in keeping with pulse. For those reasons, the appropriate candidate for laser hair elimination might have fair untanned pores and skin and darkish hair.

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