

Do you experience pain from laser hair removal?

Short Answer - Yes it can hurt but for most people, it's almost non-existent thus negligible.

How bad is the pain?

There is very little pain involved in laser hair removal if you compare it for instance to waxing. It is also much faster than waxing or plucking. Most people have reported it feels like tiny pinpricks. This means that the level of pain you expect to feel depends on your pain threshold and tolerance. If you think you may experience discomfort, there are many ways, which can help you manage whatsoever discomfort you may feel.

After the first few minutes, you will get used

to the slight pinprick sensation, but it will diminish with each pulse. Some users have noted that there is more pain in sensitive areas like the underarms and the bikini region. However, most of our clients find it tolerable and experience no pain at all. In contrast to other forms such as waxing, which are known to be extremely painful and irritating especially on the bikini area. If you compare these two hair removal methods, the laser hair removal device is ten times better in terms of pain.

Many people compare this pain to the feeling of a rubber band, which is snapped on the skin, while others report a reduction in pain with consequent treatments as the hair become less with each treatment.

If you are one of those are sensitive to pain, the application of topical anesthetic cream can be essential. You should take caution

when taking such medications, though. We suggest that you speak to a medical professional before you apply any kind of numbing medication to your body.

There are more temporary side effects ranging from swelling, redness, and blistering, to hyper-pigmentation.

After performing a session on yourself using the Bareskin Device, you may feel like you have spent too much time in the sun. This means your skin will be tender to the touch. We advise that you be extra careful on the treated area for at least a full day after the session. It also means that you need to avoid exfoliating the area or expose it to sweat if you planning to exercise.

The summary of it all is that you should not experience any fear of pain in the process of hair removal using the Bareskin Laser hair

removal device. The great thing here is that you will realize that if you experience a little pain, it will be well worth it.

How to Reduce Pain during Laser Hair Removal?

Reducing your pain can be frustrating especially when it comes to your privates. The best part is that you will be having a long-term solution to your excessive hair problem. Do not be swayed by the horror stories you may have heard from people who have previously experienced pain. Remember you are unique and in 99% of cases won't experience any kind of pain.

Prepare your body before performing laser hair removal on yourself

You need to prepare before the procedure. One of the surest ways to get prepared is to get enough sleep on the day before the procedure. Go to bed early so you can have at least 8 hours of sleep before the treatment. If you fail to get enough sleep, you may end up moody

and being overly tired. This situation may affect the procedure because metabolic activity affects system regulations in the body including the pain receptors.

For the ladies - do not go for treatment if are on your menses. The changing hormone levels may affect your pain tolerance. At this time, you are most sensitive hence not a good time to make use of the device. You should wait a few days when you are completely healed before considering using the device.

Always ensure you hydrate by drinking a gallon of water daily, especially the day before treatment. Staying hydrated is critical, as it will help cushion the pain.

Stay away from caffeine and alcohol.

Regardless of how much we all love these, they are known to increase pain sensitivity, and it would be better to stay away from it before the procedure.

Remember to shave the area night before the scheduled treatment. You will be less likely to experience irritation.

How to select Over-The-Counter pain medicine as remedies?

If you really believe that you may experience pain, you can buy pain relievers to ingest before you use the device. Common medications such as ibuprofen help reduce pain if taken 30 to 45 minutes before the treatment. Remember to check the medications and read all labels.

Inquire from your pharmacist, if you may need an antihistamine. Some people say they experience less pain when using such products an hour before the procedure. Remember to check with a qualified practitioner before you opt any of kind of pharmaceuticals.

Use a numbing cream, which is among the topical creams containing the ingredients such as lidocaine. These remedies provide reliable pain relief and have become reliable across the spectrum

Taking care of the area

If you experience pain after the procedure, do not panic. The pain will subside after a couple of hours. If you have previous encounters with pain in your bikini line, do not worry, as it will not be as irritating as before.

Remember to wear loose fitting clothes to reduce physical activity rubbing against the skin.

Use sunscreen before leaving your house to avoid getting exposed to the sun. After the treatment, the laser-treated skin will be sensitive and can burn easily. If you are planning on this treatment before a trip or outdoor vacation, ensure you have spared

enough time to heal by applying sunscreen frequently.

Avoid scratching the area even if gets irritated. Ignore the little itchy feeling or apply more sunscreen instead of scratching. Scratching only raises the risk of inflammation.

Original article found at -

<https://www.bareskin.co.za/blogs/news/do-you-experience-pain-laser-hair-removal>