

## **How do you perform laser hair removal on your legs?**

This write-up is about how to perform laser hair removal on your own legs. Women spend thousands of dollars every year buying razors, creams, and waxes to contend with relentless hair growth. If you want silky, smooth lasting results, this hair removal technique may be for you.

Laser hair removal is a popular cosmetic procedure used to [remove unwanted hair on the](#)

face, arms, legs, bikini area and underarms. Using intense pulsed light (IPL) heat and destroy hair follicles beneath the user's skin. The treatment damages the follicle enough to slow or eliminate hair growth completely. It is a remarkably effective treatment for clinically excessive hair growth (hirsutism).

A laser hair removal kit is a cost-saving and effective personal grooming solution that can be used without ever

having to leave the comfort of your home. It's an investment that could change your skincare regimen forever.

## **How does laser hair removal work?**

The technique uses a powerful laser device to target melanin, the skin pigment that lives deep within the hair follicle.

The heat destroys all or most of the follicle, which causes hair growth to slow or stop completely. Multiple treatments may be required to achieve the desired results.

## **Is laser hair removal for everyone?**

Laser hair removal is most effective on those with fair skin and thicker, darker hair. Results have shown that individuals with darker skin are more susceptible to burns created by the IPL because the pigment in the upper layers of the skin absorbs some of the laser light. Likewise, the laser will be much less effective on fair hair.

## **How long should you wait between treatments?**

Treatments are typically repeated every 4-6 weeks, depending on the rate of regrowth. Hair growth cycles increase slowly over time, lowering the number and frequency of treatments required. It is recommended to shave as needed between laser treatments.

## **What should you do to prepare for laser treatment on your legs?**

It is best to shave the area a day before your treatment to prevent burns or irritation. The

skin should be clean and dry to achieve optimal results

## **What special care should be taken between treatments?**

Sun exposure should be avoided to reduce the risk of skin burn and hyperpigmentation.

Additionally, waxing removes the hair and follicle, therefore hair should not be waxed before laser treatments to ensure there is sufficient hair for the laser to target.

# How to perform laser hair removal on your legs?

- . **Step 1:** Prepare the area to be treated (in this case the legs) - Cleanse, shave and towel-dry the skin.
- . **Step 2:** Select a treatment setting - There are up to 5 energy levels to choose from. It is recommended to start on a low setting and adjust according to your comfort.
- . **Step 3:** Test a small area - Choose a small area of skin to test. Place the tip over the

hair follicle and lift after each pulse, moving in an overlapping pattern.

- . **Step 4:** Adjust energy level and begin - Select the most comfortable setting and continue treating the remaining area. The sensation may feel like an elastic band snapping on your skin. Depending on the area being treated, one session may last between 15 minutes and 30 minutes.

## **Aftercare**

Following laser hair removal, the treated area may become red and raised for up to 24 hours. Use a cold compress on the affected area to relieve any soreness or swelling. Skin sensitivity is a common after-effect of laser hair removal. Be sure to limit sun exposure and use sunscreen between treatments.

Possible adverse effects may include:

- . burns, blisters or a crust may form on the top layer of skin
- . extended lightening or darkening of the skin
- . permanent scarring
- . swelling or bruising that lasts several days
- . livedo reticularis (mottled skin)

Please seek medical attention immediately if you experience any complications resulting from the treatment.

Original article found at

<https://www.bareskin.co.za/blo>

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