

## **Is Laser Hair Removal Safe?**

***The short Answer - YES, it is perfectly safe! Most people do not experience any kind of side effects. This blog post is about the safety of laser hair removal and the minor side effects some people experience.***

Laser hair removal is an alternative to traditional hair removal methods, like shaving, epilating or plucking. It's also seen as a long-term solution that minimize all hair worries among men and women.

Yet, it's high-tech, and often uses radiation and heat. For that reason, we have found that many people are

skeptical and worried about the side effects of using a laser on their body parts.

### **Important Note**

Like with any cosmetic procedure, there are minor side-effects that usually disappears very quickly. As for major side-effects, this almost never happens.

Men and women have been using laser hair removal for over 40 years without experiencing any major side effects. But let's focus on the minor side-effects. We mention them below. This should give you an idea of the safety levels of laser hair removal!

## **Basic Side-Effects**

Laser hair procedures use high heated lasers and radiation. Lasers may irritate the skin. This includes slight redness and minor changes in pigmentation.

If you want to minimize the redness you can apply a topical anesthetics before a procedure.

## **Irritation and Redness**

**Laser hair removal may cause slight (but temporary) irritation.** If your skin is sensitive to light, you may notice this irritation evolve into a swelling. But even in such cases, the swelling is temporary, and quickly goes away.

Swelling problems are not common, even with non-laser procedures (waxing for example).

Normally, your problems should subside a few hours after laser exposure. During that time,(if you experience swelling) we recommend [using ice packs for pain and swelling.](#) Also, if you feel that your symptoms are worsening, we recommend calling a doctor.

## **Pigment Alterations**

After using laser removal, you might notice changes in your skin contrast. Your skin may appear lighter or darker.

Darker skinned individuals are more prone to light spots. And the opposite occurs to lighter skin individuals, who might receive darker pigmentations. Again, like redness problems, they're only temporary. And they should

disappear within a few hours.

Basic side-effects should not be a cause of concern. 90% of men and women that receive IPL laser hair removal do not experience these kinds of side effects.

### **Serious Side-Effects Include the Following:**

- . Excess hair growth in the areas you have treated.
- . Whole changes in skin texture (apply specifically to people who were recently tanned).
- . Scars – occur to individuals with sensitive skin.
- . Crusting and blistering – occur from sunlight exposure right after laser use.

If you're worried about the previous side-effects, you can do a small test on your skin using the device to see if your skin are prone to these side effects.

While they're rare, some might apply to you. Ask your doctor to evaluate your skin health before starting a laser procedure!

## **What About Long-Term Side-Effects?**

Most people approaching laser procedures inquire about cancer risks and infertility problems.

We'll explore both below, giving you an answer on whether they're possibilities!

### **(A) Cancer Risks**

Laser procedures are not carcinogenic. Also, do note that laser procedures can sometimes cure specific types of pre-cancerous formations. The reason why this myth exists is due to UV worries. UV is a known carcinogenic. However, laser procedures use heat, and sometimes treat their side-effects!

Lasers also differ by type. Some are used for hair removal, which minimizes harmful radiation. Other forms are used for wrinkle removal, and for sun damage reduction. **Basically, [laser procedures aren't cancerous](#).**

## **(B) Infertility**

**That is another myth.** Laser hair doesn't target sexual organs. In fact, the lasers themselves do not penetrate the

skin! However, this doesn't mean you should use laser surgery during pregnancy. In fact, ...

## **Avoid Laser Surgery When Pregnant.**

It's simply not recommended. The reason for this is, there are no safety studies on laser use during pregnancy.

### **So why take the risk?**

However, you can use them to treat excessive hair growth “after” giving birth. Some women experience excessive hair growth after giving birth.

### **In Summation.**

Laser hair removal is safe. It's a low-risk procedure, and in very rare situations does it cause chronic



problems.

Symptoms are short-lived and disappear within a few hours. Regardless, if you have any concerns, be sure to visit a doctor beforehand!

Please have a look at our [guide on how to use the device](#).

Original article found here -

<https://www.bareskin.co.za/blogs/news/how-do-i-use-the-bareskin-laser-hair-removal-device>