



# SMOOTH TALK

Debunking some myths around laser treatment with *Dr Kim*

**L**aser skin rejuvenation may have been surpassed by alternative technologies, but laser for spider veins and hair removal remains in demand. In spite of its popularity, some myths around laser linger even with the introduction of a new generation of medical lasers. Dr Kim Prescott helps correct some of these misconceptions and advise on how to get the best results

## **MYTH 1: LASER ONLY WORKS IF YOU HAVE LIGHT SKIN AND DARK HAIR**

Recent advances mean that all skin and hair types can be safely treated with laser – even very dark skin tones – as long as you have the right technology. Lasers vary widely in quality, power and functionality and different skin types and concerns will respond best to individualised settings. The latest state-of-the-art Mixed Technology

medical lasers use combinations of wavelengths to achieve the best results.

## **MYTH 2: LASER TREATMENTS ARE PAINFUL**


Laser and IPL treatments have a reputation for being uncomfortable, but integrated cooling systems in the newer medical lasers make them virtually painless. Settings are fully adjustable to improve comfort for even the most sensitive patient.

## **MYTH 3: LASER DAMAGES YOUR SKIN**

Modern lasers are highly specific for their target and with a high quality medical laser your practitioner is able to programme the machine for the precise concern. Avoiding treating surrounding tissues minimises the risk of complications. Different lasers have varying results when treating similar but different concerns, such as an area of spider veins where some are blue and others red. Switching between wavelengths and combinations ensures safer and better results. It is very important

to follow instructions, and to avoid sun exposure (and even fake tan). Redness may be seen in the treated areas, but long-lasting side-effects are very uncommon.

## **MYTH 4: IT ONLY TAKES ONE TREATMENT FOR PERMANENT RESULTS.**

If that sounds too good to be true, that's because it is. Your hair grows in cycles and each treatment will disrupt between 10% and 25% of the hair follicles, depending on the laser. You'll need a course of treatments for optimal results. The more powerful and more specific the laser is for your particular hair and skin type, the fewer treatments you'll need. 



**DR KIM**

Dr Kim Prescott consults from The Penrose Clinic, a medical aesthetics and laser clinic in Fetcham Park. The clinic has introduced a top of the range Quanta Mixed Technology medical laser so if you have any questions or you would like to book a consultation, please email [info@penroseclinic.co.uk](mailto:info@penroseclinic.co.uk).  
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