# Low fluence, multiple pass laser efficacious in hair removal

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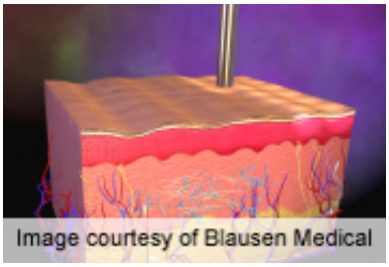
Image courtesy of Blausen Medical

(HealthDay)—Using diode lasers at low fluences and high average power with a multiple pass in-motion technique is an effective method for hair removal, according to a study published online Feb. 7 in *Lasers in Surgery and Medicine*.

Bonnie Koo, M.D., from the University of California in Irvine, and colleagues conducted a side-by-side comparison of either the legs or axillae utilizing the Soprano XL 810 nm diode in super hair removal mode (Alma Lasers; the "in-motion" device) versus the LightSheer Duet 810 nm diode laser (Lumenis; "single pass" device). Five treatments were performed six to eight weeks apart, with follow-up hair counts performed at one, six, and 12 months. A 10-point grading scale was used to assess pain.

The researchers found that the single pass and in-motion devices reduced

hair counts by 33.5 and 40.7 percent, respectively (P = 0.2879). The single pass treatment had an average pain rating that was significantly greater than the in-motion treatment (P = 0.0007).

"This data supports the hypothesis that using diode lasers at low fluences and high average power with a multiple pass in-motion technique is an effective method for hair removal, with less pain and discomfort, while maintaining good efficacy," the authors conclude.

The study was sponsored by Alma Lasers.

**More information:** Abstract
Full Text (subscription or payment may be required)