

FAQ's for Laser Therapy

What is Laser Therapy?

Laser therapy is a non-invasive aesthetic treatment that uses light wavelengths to address a variety of conditions.

How does it work?

Laser Therapy works by using a beam of light, where all of the light-waves generated have a similar wavelength. These wavelengths target molecules in the skin, known as chromophores, and will absorb this light. This light is then converted into heat to produce the desired effects. This effect may be to reduce blood vessels (and the accompanying redness), fade pigmentation, remove unwanted hair, or to resurface the skin to reduce the appearance of acne scars or fine lines. We can even treat unwanted tattoos or nail fungus with lasers.

Is there recovery time?

No recovery time, however, the treatment area should not be exposed to sun for at least four weeks. This means that depending on your lifestyle or the season, you may be advised to wait before scheduling a laser treatment. At times there may be some redness after a laser treatment, but will fade within 24-48 hours.

Any pain or bruising?

There is very minimal discomfort with laser therapy. Since the laser produces heat in the skin, there is some warmth associated with the laser. The technology used at A Touch of Energy Wellness includes a cooling head; therefore, when there is a sensation of heat, we can immediately cool the skin. No bruising.

Results?

Depending on the laser, it takes several weeks to build collagen (4-12 weeks). The best outcomes will come after several sessions, with optimal results will be seen after 3-6 sessions.

How long does the procedure take?

The length of the procedure is associated with the size of the area we are treating. Small areas will take approximately 5-10 minutes, versus an extra-large area could take 45 minutes to an hour.

Will I need multiple sessions?

Laser Therapy works best in multiple sessions. Depending on the laser, you may need 3-6 treatments to see long lasting results. Laser Hair Removal recommends a minimum of 6 sessions, although we have noticed some needing 9-10. We offer unlimited yearly package for Laser Hair Removal. Tattoo Removal could be 10-12 treatments.

Who is a candidate?

Anyone that is looking for the benefits from laser therapy. Some contraindications could include history of epilepsy, an active infection, or pregnant. It is also not recommended for someone who has been tanning (whether it be tanning bed, sun, or sunless tanning) or those who are taking photo-sensitivity medications.

