

# EPILA LASER

user information guide

Dear Customer,

Congratulations on your purchase. Laser hair treatment gives a long term solution to permanent hair reduction. Treating individual hairs to kill the hair root permanently has a high success rate giving lasting results. By treating yourself at home you will be saving yourself a series of expensive trips to the salon which would otherwise cost a small fortune. Laser treatment by its very nature is relatively slow compared to temporary methods of hair removal, but the time invested is more than justified by the permanent results. Understanding the process and in particular the hair growth cycle is important. This booklet will help you to achieve the hair reduction you are looking for so please read it carefully.

**EPILA LASER**  
MODEL SI-608

 **DANGER**

LASER RADIATION  
Avoid eye exposure to  
direct or scattered radiation

 Diode 808nm 0.5W Max.  
Diode 675nm 0.9mW Max.  
CLASS IIIb LASER PRODUCT

## WARNINGS

Not suitable for Afro-Caribbean or black skin complexions.  
Laser hair removal should not cause discomfort. If you feel any discomfort or soreness the setting may be too high or your skin tone (colour) is not suitable for use with this product.

Inbuilt safety features protect the eye being exposed to the laser, however, never aim the Wand at or near eyes.

Do NOT use near flammable materials.

Keep the product out of reach of children and pets.

Please remove all jewellery before treatment.

When not in use, store the key responsibly in a safe place away from children.

Do not treat the same hair repeatedly in any one session.

Do not use after drinking alcohol or if you are feeling unwell or fatigued.

Do not treat the following areas: Tattoos, pimples, warts, hair grown on black spots, skin disease, birth marks, burns, lips, nipples, genital or anal areas, eczema, eyelashes, eyebrows, near the eyes, nasal or ear hair.

## CAUTIONS

Do NOT disassemble or repair. If you have any problems using the product, contact our Customer Care Department.

Only use this product with the Mains Adapter supplied.

## THE HAIR GROWTH CYCLE

It is important to understand the normal hair growth cycle to understand how the Salon Laser Hair Removal System works. The hair follicle is an anatomical structure which evolved to produce and push out a hair shaft. Hair is made up of proteins called keratins. Human hair grows in a continuous cyclic pattern of growth and rest known as the "hair growth cycle."

### The Cycle

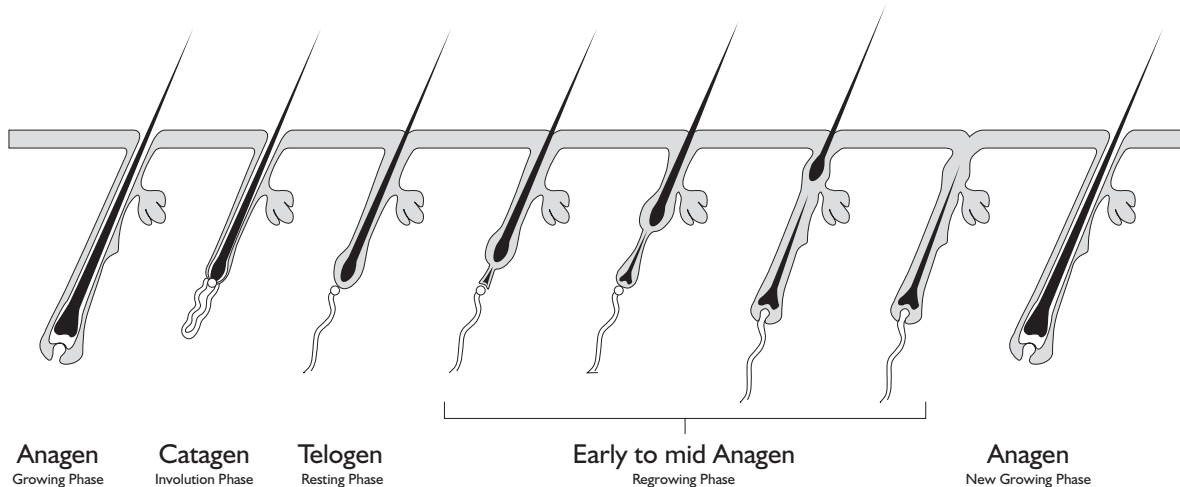
Three phases of the cycle exist:

Anagen = active growth phase

Catagen = degradation phase

Telogen = resting phase

Periods of growth (anagen) between two and seven years, are followed by a period in which the follicle is totally degraded. The resting phase (telogen) then begins and lasts between six weeks and six months. Shedding of the hair occurs only after the next growth cycle (anagen) begins, and a new hair shaft begins to emerge. On average 50–100 telogen hairs are shed every day. This is normal hair loss and accounts for the hair loss seen every day in the shower and with hair combing. These hairs will regrow. The percentage of follicles in the resting phase (telogen) will vary at any time depending on the body area. It is also important to note that a variety of factors can affect the hair growth cycle and cause temporary or permanent hair loss (alopecia) including medication, radiation, chemotherapy, exposure to chemicals, hormonal and nutritional factors, thyroid disease, generalised or local skin disease, and stress.



## HOW DO LASERS WORK?

Lasers deliver an intense beam of light which are made up of a single wavelength or colour. Skin is essentially transparent to light in the wavelength range of 600-1100nm (nano meters), while melanin containing structures will absorb laser energy of this wavelength. It is therefore possible to target the hair follicle which has a concentration of melanin without affecting the surrounding area.

The light energy absorbed by the melanin pigment results in the rapid heating up of the hair follicle. This heat cauterises/destroys the cells (papilla) that are responsible for hair growth. If adequate heating is achieved, then the follicle is permanently disabled resulting in a permanent reduction in hair growth.

## SUITABLE SKIN TYPES

Melanin in the epidermis also absorbs the energy and limits the depth of penetration of the laser light into the skin, and to some degree limits the skin types for which treatment is suitable.

Using a light wavelength of 800nm actually enables treatment of darker skins types as well as fair-skinned types. However, laser hair treatment is not suitable for Afro-Caribbean or black skin complexions. Laser treatment is also ineffective in removal of white or grey hair. Electrolysis should be considered as an alternative treatment.

As a guide, skin colours are classified by the Fitzpatrick skin phototypes, as shown opposite.

**Note: The *Epila Laser Hair Treatment Unit* is only suitable for skin types I,II,III, & IV.**

Skin Type	Skin Colour	Tanning History
I	Very fair, "transparent"	Always burns, never tans
II	Fair	Always burns, tans with difficulty
III	Fair to light olive	Burns mildly, tans slowly
IV	Olive to brown	Rarely burns, tans with ease
V	Dark brown	Very rarely burns, tans very easily
VI	Black	Never burns, tans very easily

 **NOT suitable for Rio Laser Hair Treatment**

## LASER POWER LEVELS

If you are of skin types I, II and III, all laser power levels should be suitable.

If you are type IV (olive to brown) be cautious using the highest two laser power levels and check that you do not experience any burning.

## BODY HAIR CHART

Body Site	Follicle Density per square cm	Resting Phase	Time in Resting Place	Active Growth
Head	350	85%	3 months	15%
Arms	80	20%	5 months	80%
Legs	60	20%	6 months	80%
Beard	500	70%	10 weeks	30%
Upper Lip	350	65%	6 weeks	35%
Armpit	65	30%	3 months	70%
Chest/Back	70	30%	3 months	70%
Pubic	70	30%	3 months	70%

## WHY IS A SERIES OF TREATMENTS REQUIRED?

Everyone's hair grows differently, depending on age, weight, metabolism, hormones, ethnicity, medications, and other factors. But all hair goes through three distinct growth phases:

**Active growth phase (called the anagen phase)**, which lasts between 2 and 7 years. During this phase the dermal papilla actively produces cells which form the hairshaft. In certain areas of the body, such as the scalp, the majority (80%) of the hairs are in this phase. During the Anagen phase the hair has an abundance of melanin.

**Degradation phase (catagen phase)**, which lasts between 10 and 20 days, during which the hair stops growing but is not yet shed. About 3-4% of our body hair is in this phase at any given time. The hair follicle shrinks at this time as the hair is prepared for eviction.

**Resting phase (telogen phase)**, which can last for several months, during which the hair falls out and a new hair begins to form. The hair follicle is not treatable during this time.

Laser treatment is only effective when the hair is in the active growth phase. Hairs or hair follicles in the Degradation or Resting phase need to progress to the active phase before treatment will be beneficial. Therefore multiple treatments are required for long term permanent hair reduction.

Also in a single treatment not all of the hair follicles in the active phase will be destroyed. Some follicles are destroyed, others may be miniaturised into vellus hairs (light fine hairs), and some enter prolonged dormancy. The initial treatment should be repeated to take care of active hair follicles that were not effectively treated in the first session as new hair growth is observed, this will typically be some 2-4 weeks later depending on where the treatment area is.

Further treatments should be planned at regular intervals to clear hairs that are coming out of the resting phase and into the active growth phase. Given the number of hair follicles in the resting phase at any given time this new hair re-growth can be significant.

Any follicles without a target hair within will simply grow again and will need to be treated next time around.

### **WHAT PREPARATION SHOULD BE CONSIDERED BEFORE LASER HAIR REMOVAL?**

Avoid tanning if possible. Waxing, plucking, and bleaching should also be avoided for 3–4 weeks prior to laser treatment. Trimming or shaving is fine. It is necessary to have a hair in the follicle for successful treatment.

### **HOW WILL MY SKIN APPEAR AFTER THE TREATMENT?**

Generally no perceptible changes will be apparent. Rarely, mild redness may occur. This will fade quickly within 24 hours. Hairs will generally be shed over 1–2 weeks.

### **AFTER LASER HAIR REMOVAL IS THERE ANYTHING TO AVOID?**

Sun exposure or deep tanning should be avoided for at least a week. If the skin is exposed use a sunscreen. Also avoid using abrasive cleansers or skin peeling treatments.

You may feel a tingling or stinging sensation during the treatment. Following your treatment, you may experience a sunburn-type sensation in the treated area.

### **ADDITIONAL USEFUL INFORMATION**

- Laser hair reduction is generally considered to be effective and permanent after 6 treatments.
- Women who suffer excessive hair growth due to male type hormones are likely to require long term maintenance.
- Waxing or tweezing is counter-productive to laser treatment because the hair is required as a target. If the hair has been removed then the laser light energy will not be effectively absorbed and the hair will re-grow again.
- Tattoos and areas with permanent make-up must be avoided as they will be affected.
- Take care to keep the treated area particularly clean for 3 days. Ideally use an anti-bacterial soap twice daily.
- When treating the underarms avoid using antiperspirant deodorant for 2–3 days. Use an antibiotic soap wash twice daily.
- Avoid swimming in chlorinated water or using a hot tub for 48 hours. The chlorine in the water can result in itchiness.
- The timing for follow on treatments is not critical. Choose a time which is convenient for you.
- Some individuals may require more, and some fewer treatments, to achieve satisfaction. Initially with each treatment you will notice a gradual thinning/reduction of hair growth in the treated area.
- Between treatments, feel free to shave or use cream depilatories.

## QUESTIONS & ANSWERS

QUESTION	ANSWER
<b>What areas can I treat?</b>	The most common areas are the face, underarms, legs, chest, back and bikini line
<b>How long should I treat each hair?</b>	Avoid excessive treatment on the same region at a time. This may cause reddening and swelling. We suggest treating each hair once in each session.
<b>How many treatments are necessary?</b>	Everyone varies, but it will take into account the area you are treating, hair density, your hair's growth cycle and colour. Dark hair on fair skin responds to laser therapy best, but both dark and fair hair may take 5 treatments for long-term results.
<b>What precautions should I take after treatment?</b>	Your skin will be a little sensitive for a while after treatment, so avoid excessive exposure to sunlight.

QUESTION	ANSWER
<b>Will I experience any side effects?</b>	Slight reddening and some swelling may occur. These effects may last for 24 hours.
<b>Can I use it on sensitive skin?</b>	Laser reacts with the hair, so the surrounding skin will not be affected.
<b>What does it feel like?</b>	Most people don't feel anything, although a mild 'pin prick' sensation, lasting less than a second, may be felt.

## TROUBLESHOOTING

### **No laser emitted on pressing the operating button:**

- Ensure the Adapter plug is turned on at the wall and the power lead is correctly inserted in the back of the unit.
- Ensure the Touch Pins are making contact with the skin.
- If controls on either Main Unit or Wand are left untouched for 20 minutes, the System will shut down. To restart, turn the Keyswitch anticlockwise to the off position then return to 'Step 1' of the 'Setting Up' section in the Instructions.
- Your skin may be too dry for the Wand to make successful contact. Lightly dampen the area to be treated using a damp tissue and try again.

### **AFTERCARE ADVICE**

- Unplug the Adapter and store out of reach of children.
- A slight redness after treatment may occur – this is quite normal and will disappear within 24 hours. Apply a soothing lotion to cool the treated area. Alternatively, use an ice pack or wet towel.

### **HANDY TIPS**

- Most hairs grow at an angle, so the root is not necessarily in line with the base of the hair above the skin.
- There is a knack to targeting the hair root/follicle. However, it does get easier with practise.
- Have a friend to help with the treatment of hard to reach areas such as underarm hair.

### **UNIT MAINTENANCE**

- To protect the laser, do not store at temperatures exceeding 40°C.
- While unplugged, regularly clean the Laser Shroud and Touch Pins with a cotton bud, to ensure optimum laser output.
- Do not immerse the unit or wand in water.
- Always store the Wand on the Main Unit and do not use it for any other purpose than intended.
- After use, wipe the Wand clean with a slightly damp cloth.

### **CUSTOMER CARE**

*If you have any questions or experience any difficulties with the product please email us at [mail@epila.com.au](mailto:mail@epila.com.au)*

---