

## Everything You Need To Know Before Your Laser Hair Removal Appointment

How long it lasts, and more.



Thinking of trying laser hair removal? Here's everything you need to know about the procedure before you cough up the funds necessary to go hair-free for good.

### How many sessions does it take?

**"The new technology has really changed the game."**

"I'd say 50 percent of patients are done after four treatments while 100 percent are done after eight," says Scott Callahan, PA-C and founder of [Dolce Vida Medical Spa](#), who uses

the Venus Velocity laser for treatment.

Patients are seeing results much quicker than they used to, says Paul Jarrod Frank, MD, founder of [PFRANKMD](#). The key to destroying the hair for good? Booking your treatments at four-week intervals. "Longer than that could delay results," he says.

### How should I prep for treatment?

Once you've set a date for your first treatment, hold off on your usual hair-removal routine if it involves removing hair from the root. "The laser is attracted to the follicle pigment, so you should not wax," says Dr. Frank. But you *should* shave the night before your appointment. That way the laser can focus just on the root of your hair, without getting sidetracked by length.