

Laser Hair Removal for Men

Laser hair removal for men is a treatment that can provide **permanent hair reduction** for nearly all parts of the body. The desire for smoother, clearer skin isn't exclusive to women- many men are seeking to highlight their masculine frame without needing to upkeep skincare by waxing, shaving, and using depilatory creams. Since the first research on laser hair removal in the 1960s, the science has come a long way, and men of **all skin types and hair colors** can enjoy the benefits this simple procedure has to offer.

At [Alluring Aesthetics](#), we will be with you every step of the way, ensuring that you get the best results possible with our state-of-the-art **Clear + Brilliant Péro™ laser hair removal system**. During your consultation with one of our highly trained laser technicians, we will get a comprehensive idea of your exact hair removal needs and create a tailored treatment plan. Our practice is led by the expertise of [Dr. Wendie Grunberg](#) and [Dr. Edward Gronet](#), board-certified plastic surgeons with extensive knowledge of minimally and non-invasive cosmetic procedures. To find out more details on what laser hair removal can accomplish for your aesthetics, call our office in **San Antonio, TX** at **(210) 714-5390** or use our [contact form](#), and we will gladly set up an appointment for you at your earliest convenience.

Before & After Photos

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How Do Lasers Remove Hair?

All hair removal lasers target the melanin within your hair follicles, the pigment that gives your hair its unique color. As the melanin absorbs the concentrated light energy of the laser pulse, it becomes thermal energy that effectively damages the tiny structures that produce hair shafts- the **hair matrices**. These structures contain **stem cells** that produce the keratin of every strand of hair, so this targeted injury to the follicle will prevent the hair from growing back. [u](#) Lasers are most effective when hair follicles are in the anagen stage- the growth stage- because that is when the hair shafts are most connected to the hair matrices.

Laser Hair Removal Advancements

Dr. Theodor H. Maiman designed the first hair removal laser in the 1960s, but this technology could cause some harm to the skin, prompting other researchers to find an alternative that is more accessible for patients. In 1964, the FDA approved the first Nd:YAG laser, a device that utilizes neodymium crystals to help form pulses of light. Although it was less harsh than Dr. Maiman's development, it wasn't as effective. In the 90s, Dr. Richard Rox and Dr. Melanie Grossman debuted the **alexandrite laser**- studies into this generation of laser showed that it reduced hair growth in the treatment area by **35%** after one session. [🔗](#) In the past two decades or so, more advanced alexandrite lasers have come along, as well as diode lasers- the type that the Péro™ laser is.

The Péro™ Laser Difference

Diode lasers emit light wavelengths between 805 to 810 nm- the frequency that can penetrate deep within the skin, allowing for a **safer experience for patients with darker skin**. [🔗](#) The Péro™ laser, in particular, is a diode that emits light wavelengths of exactly **808 nm**. The device's window- the part of the device that administers the light pulses to the skin itself- is 50 x 15 mm (approximately 2 x 0.5 inches), allowing for precise targeting of hair removal. After your laser specialist adjusts the device's settings to your particular skin and hair color, you can expect a shorter procedure time when compared to other hair removal lasers. Our technicians can treat a large treatment area, such as the back, in **only 8 to 12 minutes**. Each pulse is gently cooled with the device's sapphire glass technology. The Péro™ laser is suitable for the:

- Face
- Chin
- Neck
- Underarms
- Chest
- Back
- "Brazilian" Bikini
- Buttocks
- Backdoor

Candidates for Laser Hair Removal

With the diode technology offered by the Péro™ laser, you can **achieve your hair removal goals**, regardless of your skin or hair color. Still, since it still applies thermal energy, ideal candidates should be willing to take **certain precautions** that will allow their skin to heal well

with minimal discomfort. If you have any other skin issues, such as an active infection, your specialist will direct you towards another treatment that will resolve your condition. You will then be able to consider laser hair removal at a later date.

Personal Consultation

During your consultation with your laser specialist at Alluring Aesthetics, you will be able to express your desired results for laser hair removal and which areas of the body you would like to treat. Your laser technician will create a **comprehensive treatment plan** that details how each procedure will go and what to expect after each laser hair removal session. The Clear + Brilliant Péro™ system is suitable for thicker hair and skin, making it **one of the most convenient options for men** looking to avoid harmful and taxing forms of hair removal.

To get started today, contact a member of our staff at **(210) 714-5390**, fill out our [online form](#), or come visit us in person in **San Antonio, TX**. We will respond to your inquiry for a consultation as soon as possible.

Preparation

Taking the proper preparation steps will improve the effectiveness of laser hair removal. Here is what you need to do to **maximize your results**:

- Apply sunscreen to the treatment area and/or keep it thoroughly covered and away from sun exposure. You should also avoid tanning beds to keep your skin in optimal health.
- Starting around 6 weeks before your laser session, refrain from waxing, depilatory creams, and tweezing the treatment area. The laser **requires enough melanin** in your hair follicles to damage and destroy hair-making stem cells.
- **Avoid any type of hair-lightening products** before your session. Having very fair hair will require more treatment sessions since there is less melanin present.
- Review your medications with your laser specialist and make any necessary adjustments. Some medications can make you more sensitive to light energy.
- Come to your laser session with clean, product-free skin.
- Let your specialist know if you have ever had a viral outbreak in the treatment area; they may prescribe you an **antiviral medication** to mitigate the risk of an outbreak.

- Within 24 hours of your appointment, shave the treatment area so that the laser can penetrate the hair follicle roots easily.

Procedure Steps

For your treatment session, your laser technician will first cleanse the area and apply a **topical cream** to provide a numbing effect. This cream will take at least half an hour to fully settle in. Your specialist may apply another gel that will provide a cooling effect to further make the procedure more comfortable.

Next, they will give you a pair of glasses to shield your eyes from the harsh pulses of the laser. They will apply the Péló™ window directly onto the skin and distribute pulses around the area in long passes. Depending on the treatment area, it will take anywhere from **1 to 36 minutes**, but you will require several sessions before you begin to get the results you are looking for. The lasering procedure isn't painful, but many patients describe mild snapping sensations on their skin. If you are in significant discomfort, you can request **local anesthesia**, especially if you have a large treatment area like the back or chest.

Laser Hair Removal Aftercare

Skin redness and irritation are completely normal after a laser hair removal session; research finds that diode lasers' **side effects are short-term** and can be further mitigated by adjusting laser settings to suit patients' skin. ⁽³⁾ Your laser specialist may prescribe a **topical cream** to ease skin irritation and allow it to heal faster. If you feel some sensitivity, you can **apply an ice pack** for a few minutes at a time. After at least 24 hours have passed, you will be able to go back to using your normal skincare products as usual. As the skin heals, you should be mindful of avoiding UV rays and keeping the area clean and moisturized. If you go outside, remember to **apply sunscreen** with an SPF of 30 or more. You should follow all of these aftercare instructions after every laser session until you get the hair reduction results you've been aiming for. Allowing your skin to heal is also vital- here is how long you should wait in between each session according to the treatment area:

- Face, armpit & groin: 4-6 weeks
- Chest & back: 6-8 weeks

- Arms & legs: 6-10 weeks

Patients with dark hair and light skin tend to get the best results over the course of **4 to 5 sessions** since there is so much color contrast. Those with darker skin and hair or light skin and hair- with less contrast- may require more sessions.

Cost of Laser Hair Removal for Men in San Antonio

The cost of your laser hair removal will depend on your individualized plan which includes the number of sessions you'll require and the size of your treatment areas. At your first consultation at Alluring Aesthetics, your technician will give you a **cost estimate** with all of these factors in mind. Whether you are seeking a "Brazilian" or a way to feel more confident while shirtless, it's time to consider the benefits of laser hair removal at Alluring Aesthetics.

Call our office in **San Antonio** today at **(210) 714-5390** or request your consultation [online](#), and our professionals will happily let you know more about this procedure or the many others mentioned on our [blog](#).

References

1. Tanvi Vaidya, Dinesh Kumar D. Laser Hair Removal. Nih.gov. Published June 2, 2019. <https://www.ncbi.nlm.nih.gov/books/NBK507861/>
2. Finkel B, Eliezri YD, Waldman A, Slatkine M. Pulsed alexandrite laser technology for noninvasive hair removal. J Clin Laser Med Surg. 1997;15(5):225-229. [doi:10.1089/clm.1997.15.225](https://doi.org/10.1089/clm.1997.15.225)
3. Załęska I, Atta-Motte M. Aspects of Diode Laser (805 nm) Hair Removal Safety in a Mixed-Race Group of Patients. J Lasers Med Sci. 2019;10(2):146-152. [doi:10.15171/jlms.2019.23](https://doi.org/10.15171/jlms.2019.23)