

LightSheer Duet Combines Ideal Wavelength, Speed and Comfort

By Bob Kronemyer, Associate Editor



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Hair removal treatment on male chest using LightSheer Duet with HS handpiece

Photo courtesy of Beth Haney, NP

“Overall, patients love treatment. We’ve gotten a lot of positive feedback, so we’re moving full steam ahead with the system.”



Hair removal treatment on legs using LightSheer Duet with HS handpiece

Photo courtesy of Beth Haney, NP



Dore Gilbert, M.D.

Dermatologist
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For hair removal, practitioners now have the option of either a smaller or larger handpiece with the new LightSheer Duet from Lumenis (Santa Clara, Calif.). Featuring 800 nm nominal diode technology, this device offers the smaller LightSheer ET handpiece with traditional sapphire crystal cooling and a 9 mm x 9 mm spot size, as well as the new, larger LightSheer HS (High Speed) with a 22 mm x 35 mm spot.

According to E. Victor Ross, M.D., director of the Laser and Cosmetic Dermatology Center at Scripps Clinic, in San Diego, Calif., a full back can be treated in 10 to 15 minutes with the larger HS handpiece. “This increase in coverage area is nearly tenfold compared to the ET handpiece, which is very exciting.”

Dr. Ross also feels that 800 nm “is a great wavelength for laser hair removal, particularly when the hair is reasonably dark but the skin is not too dark. I think the 800 nm wavelength is effective for 80% of Americans because it offers a good balance between epidermal and hair bulb heating. Ultimately, we try to deliver sufficient energy to heat the hair bulb and spare the epidermis.”

Dore Gilbert, M.D., a dermatologist in private practice in Newport Beach, Calif., has been using the proven technology of the smaller LightSheer ET handpiece for years. “We know it is safe and incredibly reliable. With the addition of the LightSheer HS, we now have a handpiece to treat larger areas safely, reliably and quickly. It can also be used to treat blood vessels.”

In the past it may have taken Dr. Gilbert two hours to treat an entire

back, now it takes about 20 minutes with the LightSheer HS. “Furthermore, we don’t have to use gel on the skin.” Patients can forego topical anesthetics as well. “Not having to apply an anesthetic is a huge advantage because neither the patient nor practice have to incur that cost. Treatment is also safer without a topical anesthetic since large amounts of lidocaine are no longer placed over the skin.”

For hair removal of the back, patients schedule four to eight treatment sessions, typically at about six to eight week intervals. “The perfect patient has light skin and dark hair, for which four or five sessions may be enough,” Dr. Gilbert explained.

Dr. Gilbert noted that both handpieces can be used within the same session. “LightSheer HS allows quicker treatment times and reduced patient discomfort. However, sometimes you have small creases or nooks and crannies that are difficult to treat with a large spot size, so you need to use the smaller one.” Likewise, treating an upper lip requires the standard ET handpiece.

Due to the shorter treatment time with the LightSheer Duet, “you don’t have to charge as much,” Dr. Gilbert conveyed. “Practices who offer laser hair removal can now compete effectively with spas. We were able to reduce our prices by 50%, which makes the procedure more affordable.”

“Overall, patients love treatment. We’ve gotten a lot of positive feedback, so we’re moving full steam ahead with this system,” Dr. Gilbert concluded.