**1064nm Hair Reduction Guidelines***(with contact / dynamic cooling)*

1. Chiller set @ 50C Course / 100C Medium / 150C Fine
2. ALWAYS keep contact cooling window in contact with skin!
3. Select skin type (I – VI) **Pulse Width Range**
4. Select hair color (Blonde, Brown – Red or Black) **Energy**
5. Select hair size (Fine, Medium or Coarse) **Specific** **Pulse Width**
6. Light application of optical coupling gel helps step index the light   
   into the skin and draw heat out post-delivery.
7. Default pulse widths are accurate for 1**st** treatment. Remember, the second treatment   
   is a different patient than the first and adjustments must be made to match the changes in hair.
8. Default energies (J/cm**2**) are conservative. Start by increasing energy by an initial 10J/cm**2**.   
   Further increases should be done in 5J/cm2 increments until desired response in achieved (see below).   
   Course and densely populated areas should start at default or reduced fluences (PFB).
9. In order to follow the progression of hair reduction from coarse to finer hair and have the most effective treatments, the pulse widths should be decreased by 5ms for each subsequent treatment to a minimum of 10ms in skin types V & VI and 5ms in skin types I - IV. Note: as hair decreases in size and color, temperature must increase (See step #1).

**Desired Responses**

Sparking at follicle, smell of burning hair, perifollicular edema (delayed effect up to 5 minutes) and a patient response of hot needles

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