

Smooth & Safe: Laser Hair Reduction for Indian Skin

By **Dr. Khushboo Sethia** - Dermatology Clinic Guide



SMOOTH & SAFE

Laser Hair Reduction for Indian Skin

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SkinWise Clinic



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*To everyone who has ever felt self-conscious about unwanted hair or
scared of lasers—this book is for you.*

Contents

[Title Page](#)

[Copyright](#)

[Dedication](#)

[Medical Disclaimer](#)

[Who This Book Is Really For](#)

[How to Use This Book](#)

[Introduction – Why a Book on Laser Hair Reduction for Indian Skin?](#)

[Chapter 1 – Getting to Know Your Skin and Hair](#)

[1.2 Melanin and Indian Skin](#)

[1.3 Hair Basics: Why Does It Matter?](#)

[Chapter 2 – The Science Behind Laser Hair Reduction](#)

[2.2 Reduction, Not 100% Removal](#)

[2.3 Why Indian Skin Needs Special Care](#)

[Chapter 3 – Indian Skin & the Fitzpatrick Scale](#)

[3.2 Why This Matters for Lasers](#)

[3.3 Other Factors Beyond Fitzpatrick](#)

[Chapter 4 – Types of Lasers and Devices: What Really Matters for Brown Skin](#)

[4.2 What Makes a Laser Safe?](#)

[4.3 Do Not Choose Only by Brand](#)

[Chapter 5 – Are You a Good Candidate?](#)

[5.2 Medical History That Matters](#)

[5.3 When to Postpone Laser Hair Reduction](#)

[5.4 Expectations Setting](#)

[Chapter 6 – Choosing the Right Clinic and Doctor in India](#)

[6.2 Questions You Should Ask](#)

[6.3 Red Flags](#)

[Chapter 7 – Before Your First Session: Preparation Do's and Don'ts](#)

[7.2 One Week Before](#)

[7.3 24–48 Hours Before](#)

[7.4 The Patch Test](#)

[Chapter 8 – What Happens During a Session?](#)

[8.2 Sensation: Does It Hurt?](#)

[8.3 How Long Does It Take?](#)

[8.4 What Is Normal Right After?](#)

[Chapter 9 – Aftercare: Protecting Your Skin and Your Results](#)

[9.2 Sun Protection](#)

[9.3 What You May Notice Over the Next 1–2 Weeks](#)

[Chapter 10 – Side Effects, Risks, and How to Avoid Them](#)

[10.2 Pigmentation Changes](#)

[10.3 Burns and Blisters](#)

[10.4 Paradoxical Hypertrichosis \(Rare\)](#)

[10.5 Reducing Your Risk](#)

[Chapter 11 – Special Cases: Face, Bikini, Men, Teens, PCOS & More](#)

[11.2 Bikini and Underarms](#)

[11.3 Men: Beard Line, Chest, Back](#)

[11.4 Teens and Young Adults](#)

[Chapter 12 – Myths, Fears & Frequently Asked Questions](#)

[12.2 Is It Permanent?](#)

[12.3 Does It Affect Fertility or Internal Organs?](#)

[12.4 Can It Cause Cancer?](#)

[12.5 Is It Safe for Dark Skin Like Mine?](#)

[Chapter 13 – At-Home Devices: Are They Safe for Indian Skin?](#)

[13.2 Concerns for Indian Skin](#)

[13.3 A Reasonable Approach](#)

[Chapter 14 – Building a Skin-Care Routine Around Laser Treatments](#)

[14.2 Basic Routine](#)

[14.3 Ingredients to Handle with Care Around Sessions](#)

[14.4 Pigmentation Management](#)

[Chapter 15 – Checklists, Trackers, and Conversation Guides](#)

[15.2 Questions to Ask Your Doctor](#)

[15.3 Session Tracker Template](#)

[15.4 Emergency Signs: When to Call Your Doctor Immediately](#)

[Glossary](#)

[About the Author](#)

Medical Disclaimer

- This book is not a substitute for medical advice, diagnosis, or treatment.
- Laser hair reduction involves potential risks. Individual suitability, settings, and protocols must be decided by a qualified dermatologist or trained medical professional.
- If you experience pain, burns, blistering, or unexpected pigmentation changes after laser treatment, seek in-person medical help promptly.

Who This Book Is Really For

If you picked up this book, you are probably one of these people:

- You are tired of shaving, waxing, and threading and the constant planning around outfits and occasions.
- You have sensitive Indian skin that darkens or marks easily, and you are scared of making it worse.
- You heard horror stories like “My cousin got burnt by a laser” and now you are not sure whom to believe.
- You have already done a few sessions somewhere and you are wondering, “Are these results normal or am I being fooled?”

If any of that sounds like you, you are in the right place. You do not need to be a science expert to understand this. You just need clear, honest explanations and someone to walk you through the process step by step.

How To Use This Book

You do not have to read this book in strict order like a textbook. Feel free to jump around depending on where you are in your journey:

- If you are just starting out → focus on Chapters 1–7.
- If you have already done a few sessions → jump to Chapters 8–11.
- If you are scared or confused → go straight to Chapter 12 (Myths & FAQs).
- If you love checklists and trackers → print or screenshot Chapter 15.

Treat this book as a conversation with a calm, honest dermatologist who is sitting across from you, answering all the questions you were too shy to ask in a busy clinic or salon.

A Quick Story: “I Am Dark, Will I Burn?”

Almost every week in a laser clinic, there is at least one conversation like this:

“Doctor, my skin is quite dark. My friend told me lasers will burn me. Is it even safe for people like me?”

We then sit together, look at her skin type, show her the Fitzpatrick scale, explain how Triple Wavelength lasers are designed with darker skin in mind, and do a small patch test. A week later, she comes back and says, “I was so scared for nothing. That patch was only a little red and then it settled.”

This book exists so that you do not have to rely only on random salon advice, influencers, or WhatsApp forwards. You will understand what your dermatologist is doing and why.

Introduction – Why A Book On Laser Hair Reduction For Indian Skin?

Laser hair reduction has become one of the most popular cosmetic procedures in urban India. Yet, many people still do not know which laser is safe for darker Indian skin tones, worry about burns and pigmentation, or are unsure if it is permanent, safe, or good for hormonal conditions.

Most research and marketing material were historically based on lighter skin types. Indian skin usually falls into Fitzpatrick types IV and V, which react differently to lasers. Darker skin contains more melanin, increasing the risk of burns, post-inflammatory hyperpigmentation (dark marks after inflammation), and, less commonly, light patches if pigment cells are damaged.

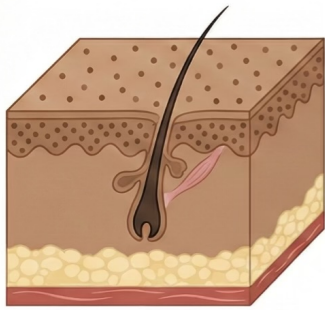
The good news is that with the right laser type, proper settings, cooling, and aftercare, laser hair reduction can be safe and highly effective for Indian skin. Modern protocols using devices such as Triple Wavelength lasers have been developed with skin of colour in mind.

This book is written to give you clear, accurate, non-scary information, help you know what questions to ask your dermatologist, reduce your chances of side effects, and help you get the best results from your investment in treatment.

"Laser Hair Reduction for Indian Skin: Why Special Care Matters"



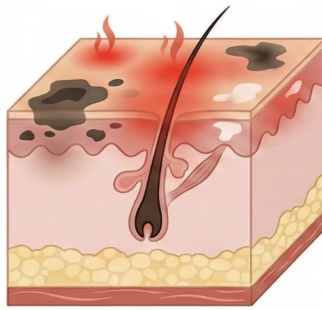
More Melanin



Indian skin = more melanin,
better natural sun protection



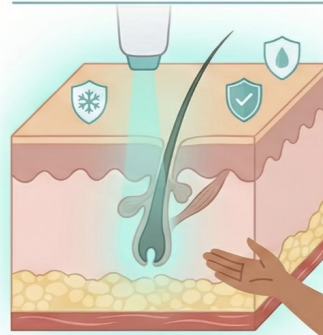
Higher Risk



Higher risk of burns, dark
marks (PIH), light patches if
treated wrongly



Right Choice



Safer choices: Nd:YAG / carefully
chosen diode + experienced
dermatologist + strict sun protection



Right technology



Right doctor



Right aftercare



Smooth, safe results

Chapter 1 – Getting To Know Your Skin And Hair

1.1 Layers of the Skin (Simple Version)

Before we talk about lasers, it helps to understand what we are actually treating.

The skin has three main layers:

- Epidermis: The topmost layer; contains melanin (pigment) and acts as a barrier.
- Dermis: The middle layer; contains hair follicles, collagen, and oil and sweat glands.
- Subcutaneous tissue: The deepest layer; mostly fat, providing cushioning and insulation.

Laser hair reduction mainly targets the hair follicles in the dermis, but the laser light has to pass through the epidermis, which contains melanin. This is the core challenge in darker skin.

1.2 Melanin And Indian Skin

Melanin is the pigment that gives colour to our skin, hair, and eyes. Indian skin usually has more melanin than lighter skin, a tendency toward tanning and pigmentation, and a higher risk of post-inflammatory hyperpigmentation after any irritation or injury.

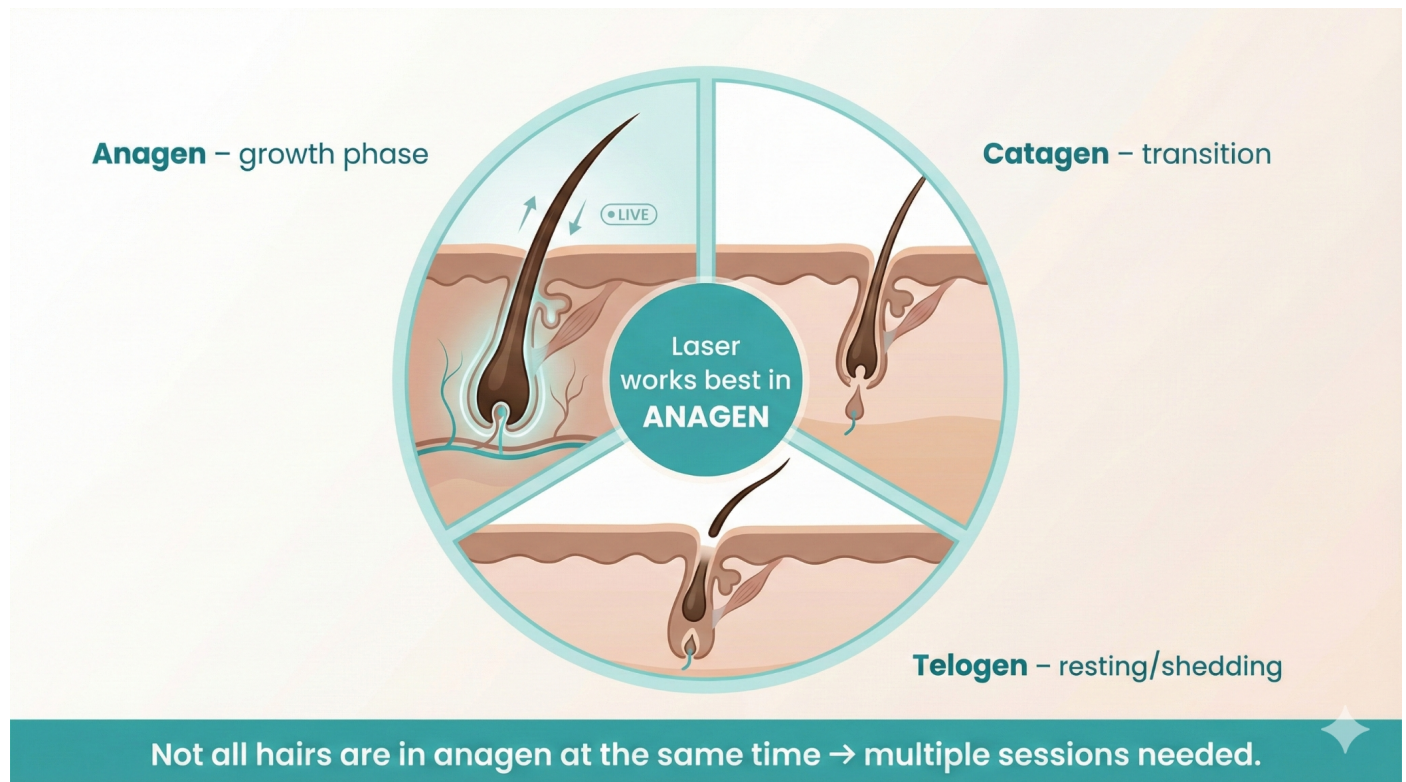
That is why aggressive treatments such as strong peels, powerful lasers, or harsh home treatments can sometimes backfire, leading to more dark marks instead of improvement if they are not chosen carefully.

1.3 Hair Basics: Why Does It Matter?

Each hair you see on the skin goes through three main phases:

- Anagen (growth phase) – hair is actively growing; the follicle is most strongly attached and has most pigment.
- Catagen (transition phase) – hair stops growing; the follicle shrinks.
- Telogen (resting phase) – hair eventually sheds.

Laser hair reduction works best on hairs in the anagen phase, because that is when the follicle is rich in melanin and connected to the hair shaft. At any time, only a percentage of your hairs are in anagen, which is why multiple sessions are needed.



Chapter 2 – The Science Behind Laser Hair Reduction

2.1 What Is Laser Hair Reduction?

Laser hair reduction uses a beam of concentrated light that is selectively absorbed by melanin in the hair shaft and follicle. The absorbed light converts to heat and damages the follicle enough to slow down or stop future growth.

You may hear the term selective photothermolysis:

- Photo = light
- Thermo = heat
- Lysis = destruction

In simple terms, we aim to selectively heat and damage the hair follicle while protecting the surrounding skin.

2.2 Reduction, Not 100% Removal

Most honest dermatologists use the term laser hair reduction rather than permanent removal because:

- Over time, most people get significant, long-term reduction in hair thickness and number.
- Some fine hair may remain or regrow, especially with hormonal issues.
- Maintenance sessions may be needed once or twice a year after the main course.

2.3 Why Indian Skin Needs Special Care

In Indian skin, the epidermis and the hair follicle both contain melanin. If the laser is not chosen or calibrated correctly:

- Too much energy may be absorbed by the epidermal melanin, leading to burns, blistering, or dark marks.
- The wrong wavelength can increase these risks.

That is why longer wavelength lasers like Triple Wavelength and appropriately used diode lasers are often recommended for darker skin, along with proper cooling and careful adjustment of settings.

Chapter 3 – Indian Skin & The Fitzpatrick Scale

3.1 The Fitzpatrick Skin Type Scale

Dermatologists use the Fitzpatrick scale (Types I–VI) to classify how skin responds to sun:

- Type I: Very fair, always burns, never tans.
- Type II: Fair, usually burns, tans minimally.
- Type III: Medium, sometimes mild burn, tans uniformly.
- Type IV: Light brown, rarely burns, tans easily.
- Type V: Brown, very rarely burns, tans very easily.
- Type VI: Dark brown to black, never burns, deeply pigmented.

Most Indian skin falls into Types IV and V, sometimes Type III or VI.

3.2 Why This Matters For Lasers

Types IV to VI absorb more laser energy in the epidermis because of higher melanin. This raises the risk of burns, post-inflammatory hyperpigmentation (dark marks), light patches, and scarring if treatment is poorly planned.

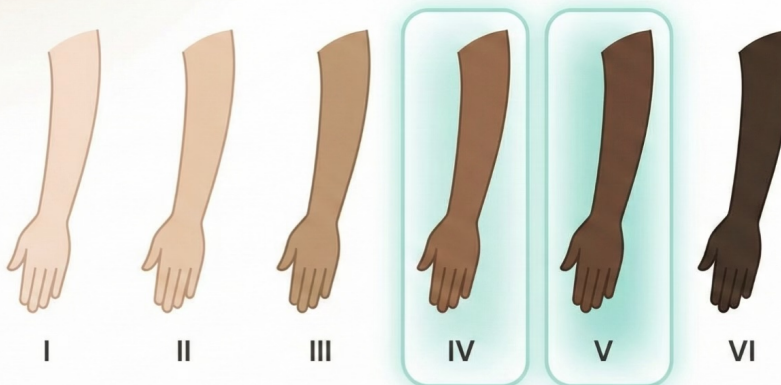
Laser protocols for darker skin emphasise the use of safer wavelengths such as Triple Wavelength, conservative energy settings, longer pulse durations, and strong cooling to protect the epidermis.

3.3 Other Factors Beyond Fitzpatrick

Fitzpatrick type is only one part of the picture. Other important factors include:

- Recent sun exposure or tanning.
- Use of strong actives such as high-strength retinoids or peels.
- History of keloids or strong scarring.
- Overall skin sensitivity and medical conditions.

Fitzpatrick Skin Types: Where Does Indian Skin Sit?



More melanin = **more sun protection**, but **higher risk of pigmentation** after lasers or inflammation.

Chapter 4 – Types Of Lasers And Devices: What Really Matters For Brown Skin

4.1 Main Technologies

The main technologies used for laser hair reduction include:

Triple Wavelength :

- Long wavelength that penetrates deeper and is less absorbed by epidermal melanin.
- Considered one of the safest options for darker skin when used correctly.
- Often used for Fitzpatrick Types IV–VI.

Diode (around 810 nm):

- Widely used for hair reduction.
- Can be safe for darker skin with proper cooling and conservative settings.
- Requires careful parameter selection to avoid dark marks.

Alexandrite (755 nm):

- Very effective for fair skin with dark hair.
- Generally not the first choice for Indian skin due to a higher risk of pigment changes, unless operated by very experienced professionals with specialised protocols.

IPL (Intense Pulsed Light):

- Not a true laser; it is a broad spectrum light source.
- More difficult to control precisely in darker skin.
- Often not preferred for hair reduction on Indian skin because of a higher risk of burns and pigmentation issues.

4.2 What Makes A Laser Safe?









A laser is only as safe as the way it is used. Key factors include:

- Correct wavelength (for example, Triple Wavelength or carefully used diode) for your skin type.
- Appropriate fluence (energy) and pulse duration.
- Effective contact or air cooling during treatment.
- A trained professional who understands skin of colour.
- Patch testing in a small area before full treatment.

4.3 Do Not Choose Only By Brand

Marketing often focuses on brand names and fancy machine labels. What matters more than the brand is:

- Whether the device has a solid safety record for darker skin types.
- Whether the clinic regularly treats patients with skin similar to yours.
- Whether they can show you realistic before-and-after photos of patients with Indian skin.

	Triple Wavelength	Diode	Alexandrite	IPL
Safety in Indian skin	 Safest in expert hands	 Safe with proper settings and cooling	 Higher risk in darker skin	 Not preferred for hair reduction on Indian skin
Best for	 Darker skin with coarse hair	 Suitable in many skin types	 Lighter skin	 Other uses (e.g., pigmentation, vascular)

Chapter 5 – Are You A Good Candidate?

5.1 Ideal Hair and Skin Combination

Laser hair reduction works best when there is good contrast between the hair and the surrounding skin.

Ideal features include:

- Dark, coarse hair.
- Lighter surrounding skin (within the range of Indian tones).

Very fine, light, or grey hair does not respond well because there is little melanin for the laser to target.

5.2 Medical History That Matters

Share your full medical history with your dermatologist, especially if you have:

- PCOS or hormonal imbalance (irregular periods, acne, weight gain, excess facial or body hair).
- Thyroid problems.
- History of keloids or very thick scars.
- Tendency to form dark marks after minor wounds or pimples.
- Autoimmune skin diseases, vitiligo, active infections, or open wounds.
- Recent isotretinoin use.

5.3 When To Postpone Laser Hair Reduction

Laser hair reduction is usually postponed if:

- You are pregnant or breastfeeding (as a precaution).
- You have an active infection in the treatment area.
- You have had recent strong chemical peels, sunburn, or intense tanning.
- You are unable or unwilling to follow basic aftercare such as sun avoidance and sunscreen use.

5.4 Expectations Setting

Realistic expectations are crucial:

- Hair becomes finer, sparser, and slower-growing.
- Many people achieve 70–90% long-term reduction after a full course and some maintenance.
- You may still need to shave occasionally.
- Results vary by area, hormones, and genetics.

“Am I a Good Candidate for Laser Hair Reduction?”



Candidate Checklist

- ✓ Dark, coarse hair in the area?
- ✓ Okay with 6–10+ sessions?
- ✓ Able to avoid waxing and switch to shaving?
- ✓ Ready to use sunscreen regularly?
- ✓ No major medical red flags (your doctor will check)

Chapter 6 – Choosing The Right Clinic And Doctor In India

6.1 Who Should Ideally Perform Your Treatment?

Ideally, laser hair reduction should be supervised by a qualified dermatologist (MD, DNB, or diploma in dermatology) with experience in lasers.

In some clinics, a trained technician may perform the procedure under the direct supervision of the dermatologist. Be cautious of salons or spas where there is no doctor on site, where staff have minimal training, or where there is no plan for handling side effects or emergencies.

6.2 Questions You Should Ask

Consider asking these questions during your consultation:

- Which laser or device will you use for my skin type, and why?
- How many patients with Indian skin tones do you treat per week or month?
- Will you do a patch test first?
- Who will adjust the settings each session?
- What side effects have you seen in patients like me, and how do you handle them?
- What is the estimated number of sessions for my hair and each area?

6.3 Red Flags

- Guaranteed “permanent” 100% removal in only a few sessions.
- Very low prices that seem too good to be true.
- No written consent and no discussion of side effects.
- No protective eye goggles offered.
- No written aftercare instructions.

Dermatology Clinic vs Salon: What’s the Difference?

Dermatology Clinic



- ✓ Qualified dermatologist
- ✓ Medical-grade lasers
- ✓ Patch test and personalised settings
- ✓ Emergency protocol and follow-up

Salon / Spa



- ✗ Often no doctor on site
- ✗ Non-medical devices or IPL only
- ✗ Limited understanding of darker skin
- ✗ Minimal consent and aftercare

Chapter 7 – Before Your First Session: Preparation Do's And Don'ts

7.1 Four Weeks Before

Around four weeks before starting laser hair reduction:

- Avoid waxing, threading, or plucking in the area to be treated. These methods remove the root, and lasers need the root to target.
- If you are prone to dark marks, your dermatologist may start you on gentle pigment-regulating skincare and strict sunscreen to stabilise your skin.

7.2 One Week Before

About a week before your session:

- Stop using strong actives on the area, unless your dermatologist advises otherwise. This includes high-strength retinoids, strong exfoliating acids, and harsh scrubs.
- Avoid tanning and sunburn. No tanning beds or intentional sunbathing.

7.3 24–48 Hours Before

In the 24–48 hours before your session:

- Shave the area (or allow the clinic to do it) so hair is short but the follicle is intact.
- Do not wax or epilate.
- Keep the skin clean and free of heavy oils or makeup on treatment day.

7.4 The Patch Test

Most good clinics perform a patch test before full treatment: a small area is treated with conservative settings, and the skin is observed over 24–72 hours.

This helps customise your settings and is particularly important for Indian skin types, which are more prone to pigment changes.



Chapter 8 – What Happens During A Session?

8.1 On the Day

On the day of your session, you can usually expect:

- Review of your consent forms and medical history.
- Cleaning of the area; any remaining long hairs are shaved.
- Protective eye goggles for you and the provider.
- Application of cooling gel or activation of the device's cooling system.

8.2 Sensation: Does It Hurt?

Many people describe the sensation as a rubber band snap or a brief hot pinprick. Sensitive areas such as the bikini line, underarms, or upper lip may be more uncomfortable.

Cooling devices and numbing creams (when appropriate) can help reduce discomfort.

8.3 How Long Does It Take?

Approximate treatment times can vary by device and clinic workflow, but as a rough guide:

- Upper lip or chin: 10–15 minutes.
- Underarms: 15–20 minutes.
- Full arms, legs, or back: 45–90 minutes.

8.4 What Is Normal Right After?

Immediately after treatment, it is normal to experience:

- Mild redness.
- Slight swelling around hair follicles (perifollicular oedema).
- Warmth or tingling for a few hours.

These findings usually settle within a day or two with proper care.

Chapter 9 – Aftercare: Protecting Your Skin And Your Results

9.1 First 24–48 Hours

During the first 24–48 hours after treatment:

- Apply cool compresses if needed.
- Use a gentle, fragrance-free moisturiser or soothing gel if advised.
- Avoid hot showers, steam rooms, and saunas.
- Avoid intense exercise that causes heavy sweating on the area.
- Avoid harsh scrubs or exfoliants.
- Avoid tight clothing that may cause friction on treated areas.

9.2 Sun Protection

Sun protection is non-negotiable for Indian skin after lasers:

- Use a broad-spectrum sunscreen with SPF 30–50+ on exposed areas.
- Reapply every 2–3 hours if outdoors.
- Wear protective clothing and seek shade where possible.

Good sun protection significantly reduces the risk of post-laser hyperpigmentation.

9.3 What You May Notice Over The Next 1–2 Weeks

Over the next one to two weeks, you may notice hairs seeming to “grow” and then shed or fall out. This is normal and represents treated hairs being pushed out.

Some follicles that were in other phases of the hair cycle will survive, which is why repeated sessions are required.

DO



Use cool compresses



Apply gentle moisturiser



Use SPF 30–50+ and reapply

DON'T



No hot showers, steam or sauna



Avoid scrubs and peels



No sunbathing or tanning beds

Chapter 10 – Side Effects, Risks, And How To Avoid Them

10.1 Common, Usually Mild Effects

When laser hair reduction is done correctly, most side effects are mild and temporary. These include:

- Redness.
- Mild swelling around follicles.
- Temporary darkening of hair stubble before shedding.

10.2 Pigmentation Changes

Post-inflammatory hyperpigmentation (PIH) refers to darkening of skin after inflammation, such as after acne or laser procedures. It is more common in darker skin and after aggressive settings or poor aftercare.

PIH is often temporary but may take weeks to months to fade. Strict sun protection and gentle pigment-regulating skincare under a dermatologist's guidance can help.

Hypopigmentation refers to light patches where pigment cells are damaged. It is less common but may be more persistent and requires careful evaluation.

10.3 Burns And Blisters

Burns and blisters usually result from excessive energy, inadequate cooling, or using the wrong wavelength or settings for your skin type.

If you develop blisters or severe burning, contact your dermatologist immediately. Early treatment can reduce the risk of scarring and long-term pigmentation changes.

10.4 Paradoxical Hypertrichosis (Rare)

Paradoxical hypertrichosis refers to increased hair growth in or near treated areas. It is uncommon but has been reported with certain devices and protocols.

If it occurs, speak with your dermatologist. Treatment parameters can be adjusted or alternative approaches considered.

10.5 Reducing Your Risk

To reduce your risk of complications:

- Choose an experienced provider who regularly treats skin of colour.
- Insist on a patch test.
- Follow all pre- and post-care instructions carefully.
- Report any severe pain during treatment; do not feel pressured to tolerate burning or extreme discomfort.

Chapter 11 – Special Cases: Face, Bikini, Men, Teens, PCOS & More

11.1 Facial Hair in Women (Especially with PCOS)

Facial hair on the upper lip, chin, and lower face is a common concern in Indian women, particularly in those with PCOS or other hormonal imbalances.

In women with PCOS, hair can be more stubborn. Laser helps reduce hair, but underlying hormones should also be evaluated and managed by a doctor such as a gynaecologist or endocrinologist.

More sessions and regular maintenance may be needed, and your expectations should account for this.

11.2 Bikini And Underarms

The bikini area and underarms often respond very well to laser hair reduction because hair here is typically thicker and darker.

Take extra care with friction and hygiene after treatment. Wear breathable cotton underwear and avoid harsh deodorants for a couple of days following underarm treatment.

11.3 Men: Beard Line, Chest, Back

Many men choose laser hair reduction for shaping the beard line (to reduce razor bumps) or for chest and back hair.

Because hair can be dense in these areas, sessions may take longer and require higher energy, but the same cautious approach with settings and cooling is still needed for Indian male skin.

11.4 Teens And Young Adults

For younger patients, dermatologists consider:

- Age and stage of puberty.
- Emotional readiness and realistic expectations.
- Parental consent and supervision where appropriate.

Because hormones are still changing, more maintenance sessions may be needed over time.

Chapter 12 – Myths, Fears & Frequently Asked Questions

12.1 Will Laser Hair Removal Make My Skin Darker?

Laser hair reduction can make skin darker if the wrong laser, wrong settings, or poor aftercare are involved. When done correctly with devices and protocols designed for skin of colour, most patients do not develop long-term darkening and often see improvement in ingrown hairs and shaving-related pigmentation.

12.2 Is It Permanent?

It is better to think of laser hair reduction as long-term reduction rather than guaranteed permanent removal. Some regrowth or fine hair may appear over the years, and occasional maintenance sessions are normal.

12.3 Does It Affect Fertility Or Internal Organs?

The laser targets superficial hair follicles, not deeper organs. There is no evidence that properly performed laser hair reduction affects fertility or internal organs, as the beam does not reach those structures.

12.4 Can It Cause Cancer?

Lasers used for hair reduction are non-ionising and do not damage DNA in the same way as ionising radiation. Current evidence and decades of clinical use do not support the idea that these lasers cause skin cancer.

12.5 Is It Safe For Dark Skin Like Mine?

Yes, laser hair reduction can be safe for darker skin if the right technology, appropriate settings, and experienced providers are used, and if you follow aftercare instructions carefully.

LASER HAIR REDUCTION FOR INDIAN SKIN: MYTHS VS FACTS

MYTH

Laser causes infertility.



FACT

Targets only superficial hair follicles, not internal organs.



MYTH

Laser is only for fair skin.



FACT

Nd:YAG and well-used diode can be safe for Indian skin.



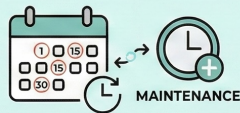
MYTH

One session and hair is gone **forever**.



FACT

Most people need **multiple sessions** plus **maintenance**.



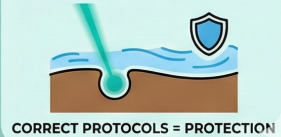
MYTH

Laser always burns brown skin.



FACT

Wrong settings burn; **correct protocols** protect your skin.



Chapter 13 – At-Home Devices: Are They Safe For Indian Skin?

13.1 What Are At-Home Devices?

At-home hair removal devices are usually IPL or low-energy diode devices marketed for home use. They are lower in power than medical devices but may still pose risks if used incorrectly.

13.2 Concerns For Indian Skin

Many home devices are tested primarily on lighter skin types and may even list darker skin as a contraindication in their manuals.

Because Indian skin carries more melanin, especially when tanned, at-home devices without adequate cooling or clear guidance can increase the risk of burns and pigmentation changes.

13.3 A Reasonable Approach

If your skin falls in Fitzpatrick Types IV or V, it is best to:

- Discuss any at-home device with a dermatologist before using it.
- Be extra cautious with areas prone to dark marks.
- Consider that clinic-based treatments under supervision are still safer and more effective options for many people.

Chapter 14 – Building A Skin-Care Routine Around Laser Treatments

14.1 Core Goals for Indian Skin

The main goals of a routine around laser treatments for Indian skin are:

- Maintain a strong skin barrier.
- Minimise inflammation.
- Protect against UV and visible light to reduce pigmentation.

14.2 Basic Routine

A simple routine may look like this:

Morning:

- Gentle cleanser.
- Hydrating, non-comedogenic moisturiser.
- Broad-spectrum sunscreen SPF 30–50+ (reapply if outdoors).

Night:

- Gentle cleanser.
- Moisturiser.
- If prescribed, gentle pigment-regulating or acne-control products introduced slowly as advised by your dermatologist.

14.3 Ingredients To Handle With Care Around Sessions

Certain ingredients should be used carefully around laser sessions, including:

- Retinoids (tretinoin, adapalene, tazarotene).
- Strong exfoliating acids (like high-strength glycolic or salicylic acid).
- Any new product that stings or burns significantly.

14.4 Pigmentation Management

Under dermatologist guidance, ingredients such as azelaic acid, niacinamide, arbutin, kojic acid, vitamin C, and tranexamic acid can help maintain an even tone and gently address hyperpigmentation in darker skin, especially when combined with sunscreen.

Avoid self-prescribing strong hydroquinone or high-concentration peels bought online, as misuse can actually worsen pigmentation or cause other adverse effects in Indian skin.

Your Simple Routine Around Laser Sessions

☀ Morning



Gentle cleanser



Hydrating moisturiser



Broad-spectrum
SPF 30-50+

🌙 Night



Gentle cleanser



Moisturiser



Dermatologist-prescribed
actives when advised

Chapter 15 – Checklists, Trackers, And Conversation Guides

15.1 Pre-Consultation Checklist

You can bring this checklist to your first appointment and tick items off:

- List of medications (including acne treatments and supplements).
- History of allergies or significant reactions.
- History of keloids, strong scarring, or vitiligo.
- Past laser, peel, or cosmetic treatments.
- Medical history (PCOS, thyroid, hormonal issues).
- Your main goals and concerns written down.

15.2 Questions To Ask Your Doctor

Questions you may want to ask your doctor include:

- Which laser type will you use on me and why is it safe for my skin?
- How many sessions do you expect I will need for each area?
- What side effects are most common in patients with skin like mine?
- What should I do if I notice dark patches, blisters, or severe pain after a session?
- Do you offer a patch test before full treatment?

15.3 Session Tracker Template

You can create a simple tracker with the following columns:

- Date.
- Area treated.
- Device and key settings (if the clinic is willing to share them).
- Pain level (1–10).
- Immediate reaction (redness, swelling).
- Side effects in the first week.
- Notes and questions for the next visit.

15.4 Emergency Signs: When To Call Your Doctor Immediately

Contact your doctor urgently if you notice:

- Severe pain or burning during treatment.
- Blisters or open wounds appearing afterwards.
- Intense swelling or oozing.
- Signs of infection such as pus, fever, or rapidly spreading redness.



My Laser Journey

[illegible]

Glossary

Anagen

Active growth phase of hair; the best stage for laser targeting.

Diode Laser

A laser type often used for hair reduction that can be adapted for darker skin with proper settings and cooling.

Epidermis

The outermost skin layer containing melanin and serving as a protective barrier.

Fitzpatrick Scale

A system that classifies skin based on its response to sun, from Type I (very fair) to Type VI (very dark).

Hyperpigmentation (PIH)

Darkening of the skin after inflammation, such as after acne or laser procedures.

Hypopigmentation

Light patches of skin caused by a loss or reduction of pigment.

Triple Wavelength Laser

A laser with a longer wavelength that is commonly used for hair reduction in darker skin types.

Perifollicular Oedema

Mild swelling around hair follicles after laser treatment, usually a normal response.

Selective Photothermolysis

The principle of selectively destroying a target (such as a hair follicle) using light-induced heat while sparing surrounding tissue.

About The Author

Dr. Khushboo Sethia is a board-certified dermatologist and the founder of SkinWise Clinic in Bengaluru. She completed her MBBS from SMS Medical College & Hospital, Jaipur, Rajasthan, followed by an MD in Dermatology from Atal Bihari Vajpayee Institute of Medical Sciences, Dr. RML Hospital, New Delhi.

She is a member of IADVL (Indian Association of Dermatologists, Venereologists and Leprologists) and NSI, and has authored multiple research publications in national and international journals. Her academic background and ongoing involvement in research keep her closely aligned with the latest, evidence-based advances in laser dermatology and skin of colour.

At SkinWise Clinic, Dr. Khushboo focuses on safe, customised treatments for Indian skin, with a special interest in laser hair reduction and pigmentation disorders. Her approach combines precise clinical judgment with clear, compassionate communication, so patients understand not just *what* she is doing, but *why*.

Patients often describe her consults as calm, honest and non-judgmental—where concerns are heard, fears about lasers are addressed gently, and treatment plans are tailored to real life, not just textbook pictures.