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EPILATION RESULTS COMPARISON: DIODE LASER VERSUS IPL. THE EFFECTIVENESS OF DIODE LASER EPILATION FOLLOWING NON-COHERENT LIGHT THERAPY

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Lasers and IPL action is similarly based on the selective photothermolysis principle, where melanin acts as chromophore. There are, however, fundamental differences in the way they're built and in the light they emit.

LASER (Light Amplification by Stimulated Emission of Radiation) emits monochromatic light, with little discrepancy, coherent over time and distance and with significant power density.

IPL (Intense Pulse Light) on the other hand emits intense, pulsing, polychromatic light which is non-parallel and has no fixed wavelength.

Epilation has been the subject of numerous scientific papers, mostly comparing various kinds of lasers while none has defined the relation between coherent and non-coherent light.

The goal of this paper is to compare the results of epilation treatments by laser and by IPL and to rate the effectiveness of diode laser epilation following non-coherent light therapy.

The results do not surprise. A percentage average of hair loss among patients treated with diode laser is higher which indicates laser's higher effectiveness.

IPL has been shown to negatively impact the effectiveness of diode laser. This is linked with the way non-coherent light weakens and thins the hair which impedes the absorption of laser light by melanin and adversely affects treatment results.

BIOGRAPHY

An International expert in the field of cosmetology, specialist in the field of aesthetic, medical and therapeutic cosmetology. She graduated from the Medical University of Lodz, PhD obtained at the faculty of medicine at the Jagiellonian University of Cracow. Currently, she is the chair of the department of professional cosmetology at the Academy of Physical Education in Cracow and the coordinator of the cosmetology at the PPWSZ in Nowy Targ. A member of the Society of Cosmetic Scientists, British Medical Laser Association and European Laser Association. Izabela Zaleska is also a court expert in the field of cosmetology and is working in clinics in Cracow and London on a daily basis. Author of over 20 scientific publications and many popular science and expert articles related to her professional specialization.

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