

## EFFECTIVENESS OF DIODE LASER 805 NM IN PUBIC HAIR REMOVAL IN GROUPS OF VARIOUS ETHNICITY

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**A**ccording to the scientific publications, laser hair removal is considered to be the most effective method of permanent hair reduction. So far, no effectiveness comparison of a different ethnicity groups in regards to pubic laser hair removal was made. The aim of the study is to show the subjective and objective effectiveness and side effects of diode (805 nm) laser hair removal in pubic area in groups of various ethnicity. The study was conducted in UK and Poland on the group of 205, 20- 40 years old patients qualified for the course of 6 treatments after the initial interview and patch test. Ethnicity was defined by questionnaire in accordance with Census 2001. 111 of 205 participants were divided into the 4 groups: White 29 participants: people with white skin, Black 22 participants: people with black skin, Asian 28 participants: people from Asia, mix raced 32 participants: people whose ancestors had both: White, Black or Asian skin. Effectiveness was analysed in the area of 1 cm<sup>2</sup> of the treated skin as the percentage of hair reduction. Objective effectiveness analysis in groups: 92.5% for Asians, 81.5% for participants with Black skin, 86.9% for Mix raced participants and 88.2% for White skin participants was different to the subjective analysis: 88.9% for Asians, 78.0% for Black skin participants, 84.4% for Mixed raced participants and 82.3% for White skin participants. Side effects were correlated with ethnicity ( $p=0.001$ ). The highest percentage of complications occurred in the group of Black skin 81.82% and Mixed Raced 81.25% participants. The best results in the studied area were observed objectively and subjectively in a group of Asian participants. The subjective assessment of the hair reduction effectiveness was significantly lower than the objective assessment of the percentage of hair reduction in each of the studied ethnic groups.

### Biography

Izabela Załęska – 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. Dr Izabela Załęska 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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