Facial Hair Removal Methods and Outcomes for Transgender / Non-Binary People.

Medway Gender & Sexual Diversity Centre Report 2017
Facial Hair Removal

Methods and Outcomes for Transgender / Non-Binary People.

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Facial Hair Removal
Methods and Outcomes for
Transgender / Non-Binary People.

Who are MGSD Centre
The survey was designed and managed by the Medway Gender & Sexual Diversity Centre, a Transgender support organisation based in Rochester Kent. The survey questions are shown in this report along with our conclusions.

The Chair of MGSD Centre Hilary Cooke Dip.TGB MGBT, initiated the survey. Hilary a professional electrologist, holds a Diploma in Electrolysis / Electro-Epilation, Thermolysis, Galvanic & Blend Techniques and is a Member of the Guild of Beauty Therapists. She has experience of treating Cis & Transgender client's to permanently prevent future facial hair growth.

The survey is intended to gather information about the type and amount of treatment required to obtain satisfactory hair removal for MtF Transgender and Non-Binary people. The information gathered will be the individual’s personal assessment of the treatment they have received.

This report is based on a ‘Snap Shot’ of the data collected from the survey of transgender / Non-Binary people who received facial hair removal treatment in the UK to permanently prevent future facial hair growth.

The Snap Shot data was collected over the period July / August 2017 to help inform this report.

The survey is being carried out by The South East Gender Initiative (SEGI) / Medway Gender and Sexual Diversity Centre (MGSDC), who are a constituted Not For Profit Community Group based in Rochester, Medway, Kent. SEGI/MGSDC have direct experience of working with Transgender people, people with gender dysphoria, people who have or are undergoing gender reassignment. SEGI/MGSDC promotes awareness of, and provides support services for Transgender / Non-Binary people and those questioning their gender identity in Medway and Kent through counselling, peer support, mentoring and advice.

Why we carried out this survey
Due to the limited information available, on the amount of treatment required to provide acceptable permanent hair removal for members of the transgender community, and the limits to treatment applied by the Interim NHS England Gender Dysphoria Protocol and Guideline 2013/14 NHS to the treatment that NHS England fund, the MGSD Centre believe it would be useful for, the transgender community to have, more information about the effectiveness of the available hair removal treatments to allow them to make an informed choice on the type of treatment they receive.

Who we asked to participate in this survey
We invited participants nationally in the UK to take part in the survey via contact with other LGBT organisations and social networking links. We were particularly interested in the treatment of facial hair removal for Non Binary and MtF Transgender people and the results of permanent hair removal from the individual patients perspective.

We provided participants access to detailed information about the Light Based (Laser / IPL) and Electrolysis / Electro-Epilation (Thermolysis, Galvanic & Blend) methods of hair removal treatment, to help individuals with their knowledge of the types of treatment available.

It was important that we collected information about the participants and the treatment each individual received to enable assessment of the different treatment procedures undertaken. If they were unsure about some of the detail of the hair removal treatment we asked them to complete as much information as possible.
Current treatment - Interim NHS England Gender Dysphoria Protocol and Guideline 2013/14 NHS

There are limits to the amount of hair removal treatment the NHS will provide. The NHS interim care path 2013/14 guidelines provide 1 test session and 8 sessions of hair removal, for laser, IPL and electrolysis procedures.

There has been limited research into the effectiveness of light based treatments for the permanent removal of facial hair for transgender people. Electrolysis was first used in 1875 and therefore has a long history which has proven its ability to permanently prevent hair growth.

The current funding limits for electrolysis / electro-epilation treatment, prevents patients from receiving equal treatment, for the total number of hair follicles treated, as would be the case for 8 sessions of Laser/IPL. An appropriate treatment time to permanently reduce the level of facial hair to that acceptable for a hirsute woman would be at least 240 hours.

Methods of hair removal

Electrolysis - Hilary Cooke Dip.TGB MGBT

As a member of the transgender community Hilary received private electrolysis / electro-epilation treatment to remove her facial hair as part of her transition. The electrolysis treatment was accomplished over a four-year period and took between 350 and 400 hours. The result of the treatment has been permanent removal of all facial hair with no regrowth over the following 25 years.

Electrolysis has been used to remove hair permanently since 1875, it has a long-established record, of permanent hair removal. From her experience having received electrolysis treatment and as a professional electrologist working with transgender clients she can confirm that permanent hair removal is achievable over time. Looking at information from other sources: electrologist, professional and community forums, plus her own experience, Hilary estimates that to completely remove all facial hair permanently for transgender people by electrolysis / electro-epilation would take on average between 300 to 500 hours.

Please see the following information taken from Habia, City & Guilds Encyclopaedia of Hair Removal by Gill Morris and Janice Brown IBNS-13:978-1-84480-266-1. 2006

Focus on hair removal – by Gill Mann

Laser hair removal systems have been around approximately 30 years (now 40) and IPLs for approximately 10 years (now 20) and they have proven to be very successful. I myself had treatment over 7 years ago and am only just starting to notice some re-growth on my bikini and underarms. For this reason, I believe these treatments can be described as either ‘permanent hair reduction’ or ‘long-term removal’.

There is always confusion among therapists as to whether these treatments are permanent. Some companies still advertise them as permanent’. Most will say ‘permanent hair reduction’ or ‘long-term removal’. Clinical research and studies have proved that laser and IPL treatments can significantly reduce hair growth compared to other methods such as shaving or waxing.

Light based treatments are still relatively new procedures compared to electrolysis, which is the only method we can truly say is permanent due to the fact it has been around since 1875 and has been proven.

Whether the method you use is laser, IPL or electrolysis, it is not instant and the time it takes for successful completion depends on a number of factors:

- the cause of the hair growth, i.e. puberty, pregnancy, menopause, certain medications, genetic factors
- whether the body is still producing more hair
- the quantity of hair to be treated
- any underlying medical conditions
- previous temporary methods of hair removal used (some can encourage hair growth, e.g. plucking)
- stage of hair growth, i.e. active, transitional or dormant.
**Laser and intense pulsed light systems**

These systems work by introducing light into the hair follicle where it will destroy hairs in such a way as to inhibit their regrowth for as long as possible. First, a clear cool gel is applied to the skin and then the light is delivered in pulse or several pulses, through the gel into the skin where the energy is absorbed by the pigment within the hair follicle. The sensation felt by the client is that of a very quick splash of hot fat which is instantaneous and lasts for micro seconds.

When the light is introduced into the hair follicle, the temperature of the follicle is raised, destroying the lower part of the follicle. When using IPL systems and some of the newer laser systems, the light is introduced in several pulses to gradually build up the heat within the hair follicle without overheating the skin's surface.

In order to understand this process, it is important to understand the normal hair growth cycle which occurs in three distinct phases. The hair follicle goes through a continuous cycle of:

1. active growth
2. transitional stage
3. dormant or resting stage.

During the first Anagen (growing) stage of development, the follicle is actively producing a hair and the pigment content within the follicle is at its highest level. This is the most responsive stage at which to treat unwanted hair.

After a period of time, the follicle goes into a transitional Catagen stage where it begins to shrink and the hair starts to move up the follicle. Follicles treated at this stage will require further treatment but re-growth will be finer.

The final phase is the dormant, resting stage where there is no hair present in the follicle, and therefore no pigment. Treatment on these follicles will not work.

It is because of the hair growth cycle that more than one treatment will be necessary in order to achieve long-term results. The number of treatment sessions will vary between 6 and 12, depending on the area of the body being treated and whether there is an underlying medical condition. We only know a minimal amount about the hair growth cycle, but most companies recommend treatment spacing as follows:

- facial areas - every 3 to 4 weeks
- bikini line, underarms, chest, stomach every 4 to 6 weeks
- legs and backs - every 6 to 8 weeks

These intervals are only a guide. As the hair re-growth becomes slower, treatments should be spaced further apart.

These versatile light-based treatments are effective on a wide range of hair textures and colours and are suitable for the majority of skin types and hair colours. However, due to the nature of the treatment, - light being absorbed by the pigment in the hair- it is not possible to remove white/blonde hairs successfully. The colour of the hair must always be darker than the colour of the skin.

**Electrolysis / Electro-epilation**

We know Lasers and IPLs only treat dark pigmented hairs. So, what happens if your client has white/blond/grey or lighter shades of brown/red/auburn hairs or hairs that Laser / IPL cannot treat? Electrolysis can be used to treat all hair colours and skin types.

So what do we know about electrolysis? This term has come to be used for all types of hair removal by electrical means.

There are however, three main types of hair removal with electrolysis:

1. shortwave diathermy
2. galvanic
3. blend (a combination of short wave diathermy and galvanic)
The aim is to coagulate the base of the growing hair in order to cut off the blood supply and nutrition to the hair, preventing any new growth from developing.

Shortwave diathermy/ Thermolysis does this by heat and the galvanic method creates a chemical reaction. Blend combines the two properties of each current. The type used will depend on the client’s skin type, the strength and density of the hair and the area to be treated.

With electrolysis, a fine sterile needle is inserted into each follicle and a current applied to the base to coagulate the cells which produce the hair. The hair is then lifted out with tweezers. Treatment sessions can take from minutes to hours depending on the size of the area and the extent of hair growth.

Galvanic hair removal started in 1875 when Dr Charles E. Michel, an ophthalmologist, used galvanic current to remove in-grown eyelashes and found that they did not grow back. This method, however, was very slow and it could take up to 20 seconds for the chemical reaction to take place.

In 1924, Dr Henri Bordier of France developed the thermolysis method which is also known as shortwave diathermy or high frequency. This was much faster than galvanic but not effective on deep, distorted follicles, for example those resulting from previously plucked hairs.

In 1945, Arthur Hinkel and Henri St Pierre applied for the patent of the first blend epilator combining galvanic and shortwave currents. The patent was received in 1948. The action from both was found to be more successful in treating curved and distorted follicles and the treatment time was speeded up significantly. Shortwave diathermy and blend are the two most popular methods used today.

The effectiveness of hair removal treatment
Lasers/IPLs can cover a larger area during a treatment session and are fast and effective. They are excellent for treating large areas, for example legs, back and arms and up to 80 per cent clearance can be seen over a course of 6-12 treatments, depending on the underlying cause. It is possible to treat all the facial hair at least once during multiple sessions although these would need to be spaced out to ensure all active hair follicles are treated.

Electrolysis is very effective and suitable for all hair types, it is especially useful for smaller areas such as the upper lip or chin. However, it does need to be carried out on a more regular basis. Regular weekly sessions are required as each hair follicle is treated at the correct time of the growth cycle to prevent regrowth permanently. The result is dependent on the skill of the electrologist and time given to apply the procedure to enable each hair follicle to be treated.

The background to treatment proposals
Permanent removal of facial hair for Transgender people
Methods of hair removal have long been discussed on internet forums and within the Transgender community. In particular, facial hair removal for Male to Female (MtF) transitions as it is a vital part of successful gender transition.

The NHS has recognised this issue describing it as “essential treatment for MtF patients. Removal of facial hair relates directly to confidence and safety whilst undertaking the RLE (Real Life Experience)”.

As part of the NHS GIC care pathway for MtF transgender patients they currently include facial hair removal. The NHS have recommended the use of electro-epilation (electrolysis) and light-based treatments (Laser/IPL) as methods to reduce facial hair growth.
The most recent NHS consultation 2017 advises:

‘The Lead Clinician may refer the individual for a time-limited hair reduction intervention once an individual has completed their assessment and it has been agreed as an intervention in the treatment plan. Prior treatment with an antiandrogen must not be made a precondition for treatment. Individuals may not self-refer for a hair reduction intervention. The Lead Clinician should consider the information in Appendix K when referring an individual for facial hair reduction – (See NHS Consultation Documents for full information).

Currently the Interim NHS England Gender Dysphoria Protocol and Guideline 2013/14 – CPAG Approved 12th July 2013 provides for 1 test session and 8 sessions of hair removal by laser, IPL or electrolysis.

Unfortunately, this limit to the number of treatment sessions will not provide satisfactory permanent hair removal for the majority of people.

There has been a post code lottery on available funding that has affected the amount of hair removal treatment a patient can receive. There is also a problem with the cost assessment to provide adequate treatment for patients utilising different methods of hair removal Laser/IPL Vs Electrolysis Electro-epilation.

The NHS Specialist Clinical Commissioning Groups are aware of this and proposals to increase and standardise facial hair removal treatment across the UK were included in the NHS England Draft Clinical Commissioning Policy Draft GIS Service Specification Version 3.0 (22nov13) & Clinical Commissioning Policy: Gender Identity Services July 2014 Reference: NHS ENGLAND XXX/X/X

Both the above documents advised that the amount of facial hair reduction treatment that NHS England should provide for facial hair removal is as follows:

1. Light based treatment up to 2 blocks of 8 sessions, reassessed after each block;
2. Electrolysis, 3 blocks of 80 hours, reassessed after each block.
3. Or one block of laser for 8 sessions plus one block of electrolysis of 80 hours, reassessed after each block.

The amount of treatment provided by the NHS is to reduce the hair growth to an acceptable appearance, not necessarily permanently remove all hair.

The current NHS consultation document Gender Identity Services for Adults (Non-Surgical Interventions) advises:

2.18 Interventions that are delivered by other providers
b. Facial Hair Reduction The aim of facial hair reduction (epilation) interventions is to bring psychological benefit to the individual through the reduction of hair growth on the face. The Lead Clinician may refer the individual for a time-limited hair reduction intervention once an individual has completed their assessment and it has been agreed as an intervention in the treatment plan. Prior treatment with an antiandrogen must not be made a precondition for treatment. Individuals may not self-refer for a hair reduction intervention. The Lead Clinician should consider the information in Appendix K

Appendix K: The Lead Clinician should consider the following information when referring an individual for facial hair reduction:

The two modalities that will be used for hair reduction are laser epilation (Alexandrite, Diode or, for darker skin types, Long Pulse Nd:YAG lasers only) and electrolysis.

Electrolysis should only be recommended when laser hair removal is expected to be ineffective or is inappropriate due to the number and colours of hairs present.

The epilation modality to be employed for hair reduction is dependent on the individual’s hair colour and skin type. Laser epilation is most effective with pale skin and coarse dark hair and it is less or not effective with lighter hair colours. Electrolysis is suitable for all hair colours and skin types.
Laser epilation must be used as first-line treatment for reduction of dark hair. If the hair is red or dark grey, laser treatment should be initially be limited to a patch test and two treatment sessions; unless meaningful epilation has been observed at least three months after the second session, electrolysis should be offered as an alternative.

Electrolysis must be used for fair or non-pigmented hair, or if laser is, or is expected to be, ineffective or inappropriate due to the number and colours of hairs present.

Laser epilation practitioners should have attended a Laser Core of Knowledge course and have or be working towards a level 4 qualification in laser and light hair removal treatments, or equivalent.

Electrolysis must be provided by a practitioner who is a member of a relevant professional body or who is able to demonstrate a level 3 qualification in electro-epilation (for example, Vocational Training Charitable Trust; National Vocational Qualifications).

For laser treatment the Lead Clinician must request that the epilation provider perform a patch test, and that the intervention is dependent upon a successful outcome of the patch.

**Appendix A** Of the document also advises the process of treatment provision for Facial Hair Reduction
GIC Lead Clinician will refer to the agreed treatment plan
Assessment by external Hair removal provider
Laser or Electrolysis
Up to 8 sessions of Laser Hair Removal
Or Electrolysis up to the value of 8 Laser Removal Sessions
Refer back to GIC

The reference for electrolysis provision up to the value of 8 laser removal sessions is problematic. Are we talking about cost or effectiveness of the treatment?

Currently NHS England uses a ‘cost limit’ to the amount of electrolysis they will fund. Due to the vagueness of what 8 session of hair removal means, Specialist Services Commissioners set different ‘cost limits’ for the provision of electrolysis treatment in different Clinical Commissioning Group areas.

To enable fair treatment the reference to 8 sessions should be changed to a number of hours of treatment provided by electrolysis / electro-epilation.
Survey Questions and Analysis

The Encyclopaedia of Hair Removal argues Light based treatments (Laser/IPL) are not proven to permanently remove hair growth, just permanently reduce some types of hair on some skin types.

Electrolysis has been used since 1875 and has been proven to permanently remove hair growth for all hair colour and can be used on all skin types.

Typically, permanent facial hair removal by electrolysis takes an average between 300 and 500 hours.

There is limited information for the average number of hours/sessions of Laser and IPL treatment to permanently reduce hair growth to an acceptable limit for transgender people. Only evidence for permanent reduction, mainly for cisgender people where hair structures may not be of a similar type or density of growth to those experienced by transgender people.

It is clear there are too many variables between people: skin types, hair colour and hair types (Vellus, Coarse, Terminal, Pili Multigemini, Canities) / and methods of hair removal, types of laser and IPL machines, and modes of electrolysis, to easily carry out a quantitative study.

Therefore, a qualitative study, from Transgender people's opinions on the outcomes of their hair removal, is appropriate.

Aim of Survey

To provide feedback on which method of facial hair removal worked best for Transgender people.
To enable others to make an informed choice on the treatment options available to them.

The research approach is based on the following main components:
- Type of treatment, whether one type or more were used,
- The number of sessions undertaken and the time period over which the treatment took place.

We needed to gather some information to allow detailed analysis of the variables from person to person, with regard to the effectiveness of the treatment.
For example:

- Ethnicity
- Hair colour
- Age range at time of treatment
- Adverse reactions (e.g. pigment change, scarring / marks)
- Effectiveness of treatment
- Side effects & discomfort.

* For the purposes of this document, Transgender is an umbrella term that includes all diverse gender identities and expression, including those who don’t conform to common binary ideas of gender.
Survey Results
From the data we received, over the ‘Snap Shot’ period, we were able to identify some clear trends in the outcomes for transgender people.

We had 28 participants who took part in the survey, they broke down into roughly thirds when looking at the type of treatment received.

35.7% Light based - Laser or IPL treatment - 10 people
32.1% Electrolysis / Electro-epilation – 9 people
32.1 % a mix of Light based - Laser/IPL & Electrolysis/Electro-epilation – 9 people

Some of the participants reported they were still undergoing treatment, others had completed or stopped their treatment.

The majority had completed more treatment that the 8 sessions proposed in Appendix A of the current NHS consultation document Gender Identity Services for Adults (Non-Surgical Interventions).

All but one of those who reported receiving Electrolysis / Electro-epilation as part of the treatment plan received more combined treatment that the amount currently funded as equivalent to 8 sessions.

Findings of the ‘Snap Shot’ Data
The data included answers from 28 individuals, from these we found the following:

6 People reported that they had achieved permanent hair removal of the treated area.
These individuals received the following treatment:

Ref No  | Treatment Description                                                                 |
--------|---------------------------------------------------------------------------------------|
12      | Both Light Based and Electrolysis Treatment - Alexandrite Laser + Blend AC / DC       |
14      | Electro-epilation Treatment - Thermolysis / HF (High Frequency) / AC (Alternating Current) |
15      | Electro-epilation Treatment - Galvanic / DC (Direct Current)                           |
16      | Electro-epilation Treatment - Thermolysis / HF (High frequency) / AC (Alternating current) |
27      | Electro-epilation Treatment - Blend AC / DC                                           |
29      | A Mix of Electrolysis & Electro-epilation Treatment - Galvanic / DC (Direct current), Thermolysis / HF (High frequency) / AC (Alternating current), Blend AC / DC |

They rate the satisfaction of their treatment as HIGH with scores between 7 & 10. Average = 8.6

Of these, the minimum treatment 1 person received was up to 80 hours over 18 months and 36 treatment sessions. The maximum treatment 1 person received was 380 hours over 40 months and 160 treatments sessions. The Average treatment for Electro-epilation was 185 hours over 26.8 months and 76 treatment sessions.

The person who received both light based and electrolysis treatment had received the following:
9 – 16 sessions using Alexandrite Laser followed by 161 to 240 hours of Electrolysis Blend (AC/DC) over 150 months and 150 treatment sessions.

Only those who received Electrolysis / Electro-epilation as part of their treatment achieved permanent hair removal.
Of the remaining answers

1 person, Ref 7 found any treatment too painful to continue.

21 people had not achieved permanent removal of the treated areas, but did report a reduction in hair growth. They rate the satisfaction of their treatment as MEDIUM with an average score of 6.7.

Of these

3 had received IPL treatment – 2 * 1 to 8 sessions and 1 * 9 to 16 sessions.

They rate the satisfaction of their treatment as MEDIUM to HIGH with scores between 5 & 10. Average = 7.6

6 had received Laser treatment – 4 * 1 to 8 sessions and 2 * 9 to 16 sessions

They rate the satisfaction of their treatment as LOW to HIGH with scores between 3 & 9. Average = 5.8

1 had a mix of IPL & Laser treatment – 1 to 8 IPL sessions followed by 4 Laser sessions – They advised IPL was not as effective as laser.

They rate the satisfaction of their treatment as MEDIUM with a score of 5.

7 had received a mix of Both Light Based and Electrolysis Treatment:

3 had received IPL & Electrolysis Galvanic / Blend - 2 * 1 to 8 session & up to 80 hours electrolysis and 1 * 9 to 16 sessions & up to 80 hours electrolysis

They rate the satisfaction of the treatment as MEDIUM with scores between 4 & 6. Average = 5

3 people had received Laser & Electrolysis – 3 * 9 to 16 hours & up to 80 hours of electrolysis

They rate the satisfaction of their treatment as HIGH with scores between 7 & 8. Average = 7.6

1 had a mix of Laser / IPL and electrolysis – 9- 16 sessions of laser + 16 to 24 sessions of IPL + Electrolysis up to 80 hours Galvanic & up to 80 Hours of Thermolysis.

They rate the satisfaction of their treatment as LOW to Medium with a score of 4

4 People had received Electro- epilation / Electrolysis

2 People had received Blend AC / DC Electrolysis, 1 up to 80 hours & 1 between 161 to 240 hours

They rate the satisfaction of their treatment as HIGH with scores between 7 & 10. Average = 8.5

1 Person had received Thermolysis – 60 hours of treatment

They rate the satisfaction of their treatment as HIGH with a score of 9.

1 Person had a mix of Electro-epilation / Electrolysis treatment – Thermolysis up to 80 hours + Galvanic up to 80 hours + Blend AC / DC up to 80 hours

They rate the satisfaction of their treatment as MEDIUM with a score of 6.
Treatment received by participants
Some of those who reported receiving both light based and electrolysis treatment received a mix of both Laser & IPL as well as a mix of methods of Electrolysis / Electro-epilation modes of treatment. Where possible we have shown the particular type, or mix of treatments used.

Survey Data Questions: Age, Skin Type, Hair Colour, Status, Medication, Type of Hair Removal Treatment, Treatment received, Method of treatment, Number of treatment sessions, How often in weeks, How long in Months, Regularity of treatment, Result of treatment, Rate success of treatment out of 10, Comments.

Answers: Laser Treatment
Reference 19
Over 40, Type 2 - White: Usually burns, difficulty in tanning, Dark Brown, Pre-operative, No Medication, Light Based Treatment, Laser Treatment, Nd:YAG Laser, 9 to 16 sessions, Every 6 weeks, Over 12 months, Regular, Hair reduction, not complete removal, Success 9 out of 10, Being laser, it won’t be a permanent solution and hair will continue to grow back. Also, it took the gender clinic so long to get their act together, I started going grey before laser treatment was given.

Reference 22
Over 40, Type 2 - White: Usually burns, difficulty in tanning, Light Brown, Pre-operative, Oestrogen Hormone Replacement Therapy, Light Based Treatment, Laser Treatment, ? Laser, .9 to 16 sessions, Every 4 weeks, Over 11 months, Regular, Hair reduction, not complete removal, Success 8 out of 10, No Comment.

Reference 28
Under 25, Type 3 - White: Sometimes burns, average tan, Dark Brown, Pre-operative, Taking Anti-Androgen Medication - Oestrogen Hormone Replacement Therapy, Light Based Treatment, Laser Treatment, Nd:YAG Laser, 1 to 8 sessions, Every 4 weeks, Over 8 months, Regular, Hair reduction, not complete removal, Success 8 out of 10, No Comment.

Reference 9
Over 40, Type 3 - White: Sometimes burns, average tan, White / Grey, Pre-operative, No Medication, Light Based Treatment, Laser Treatment, ? Laser, .1 to 8 sessions, Every 8 weeks, Over 16 months, Regular, Hair reduction, not complete removal, Success 8 out of 10, No Comment.

Reference 17
Over 40, Type 3 - White: Sometimes burns, average tan, Light Brown, Status, No Medication, Light Based Treatment, Laser Treatment, Nd:YAG Laser, 1 to 8 sessions, Every 5 weeks, Over 5 months, Regular, Hair reduction, not complete removal, Success 3 out of 10, I saw some small changes and would love to continue with the treatment but ran out of funds. I chose the Nd:Yag, although probably not ideal for my skin type I couldn’t afford the Alexandrite treatments £105.00 Vs £245.00 per session. Also I was led to believe there is much less risk of pigmentation or scaring with the Nd:Yag treatments. It is hard to put a figure on how many more treatments I think I would need.

Reference 20
Over 40, Type 3 - White: Sometimes burns, average tan, Light Brown, Pre-operative, Oestrogen Hormone Replacement Therapy, Light Based Treatment, Laser Treatment, Diode Laser, 1 to 8 sessions, Every 1 weeks, Over 1 months, Irregular, Hair reduction, not complete removal, Success 3 out of 10, Certainly reduced the grow back, as good as I anticipated, I was anticipating more sessions but this could not happen.

Answers: IPL (Intense Pulsed Light) Treatment
Reference 3
25 - 40, Type 2 - White: Usually burns, difficulty in tanning, Dark Brown, Pre-operative, No Medication, Light Based Treatment, IPL (Intense Pulsed Light) Treatment, , 16 to 24 sessions, Every 6 weeks, Over 30 months, Regular, Hair reduction, not complete removal, Success 9 out of 10, No Comment.

Reference 2
Over 40, Type 3 - White: Sometimes burns, average tan, Dark Brown, Pre-operative, No Medication, Light Based Treatment, IPL (Intense Pulsed Light) Treatment, , 1 to 8 sessions, Every 6 weeks, Over 13 months, Regular, Hair reduction, not complete removal, Success 5 out of 10, For a more affective result a min of 16 treatments is
Success 1 out of 10, hour, Every 4 week, Over 4 Month + every 1 week, Over 1 Month, Electrolysis

Over 40, Type 3 - White: Sometimes burns, average tan, Dark Brown, Pre-operative, No Medication, Light Based Treatment, IPL (Intense Pulsed Light) Treatment, 1 to 8 sessions, Every 6 weeks, Over 12 months, Regular, Hair reduction, not complete removal, Success 9 out of 10, No Comment.

Answers: A Mix of IPL & Laser Treatment
Reference 6
Over 40, Type 2 - White: Usually burns, difficulty in tanning, Dark Brown, Pre-operative, Taking Anti-Androgen Medication - Oestrogen Hormone Replacement Therapy, Light Based Treatment, A Mix of IPL & Laser Treatment, Diode Laser 1 to 8 sessions + Intense Pulsed Light (IPL) 1 to 8 sessions, Every 6 weeks, Over 6 months, Regular, Hair reduction, not complete removal, Success 5 out of 10, I've only had four sessions of laser so far but doing it ever two weeks instead of every six weeks. Results so far have been much better than IPL. IPL didn't seem to be very effective.

Answers: Both Light Based and Electrolysis Treatment
Reference 12
25 - 40, Type 2 - White: Usually burns, difficulty in tanning, Dark Brown, Pre-operative, Taking Anti-Androgen Medication - Oestrogen Hormone Replacement Therapy, Light Based Treatment, A Mix of IPL & Laser Treatment, Laser followed by electrolysis, Alexandrite Laser, 9 to 16 sessions + Blend AC / DC 161 to 240 Hours, Every 4 weeks, Over 16 months + every 4 Weeks Over 150 months, Regular, Permanent hair removal was achieved, Success 7 out of 10, I had a "lot" of hair to remove. Started laser in May 2002 & switched to electro in Oct 2003. Still having an hour or so of electro a month to mop up the strays as they're stubborn.

Reference 4
Over 40, Type 2 - White: Usually burns, difficulty in tanning, Dark Brown, Pre-operative, Oestrogen Hormone Replacement Therapy, Both Light Based and Electrolysis Treatment, Laser & IPL followed by electrolysis, Nd:YAG Laser, 9 to 16 sessions + IPL 16 to 24 sessions + Electrolysis up to 80 hours, Every 8 weeks, Over 24 months + every 6 Weeks Over 24 months, Regular, Hair reduction, not complete removal, Success 4 out of 10, Electrolysis was extremely painful.

Reference 21
Over 40, Type 2 - White: Usually burns, difficulty in tanning, White / Grey, Pre-operative, Taking Anti-Androgen Medication - Oestrogen Hormone Replacement Therapy, Both Light Based and Electrolysis Treatment, Laser & IPL followed by electrolysis, Nd:YAG Laser, 16 to 24 sessions + Galvanic up to 80 hours, Every 8 weeks, Over 240 months + every 8 Weeks Over 24 months, Regular, Hair reduction, not complete removal, Success 8 out of 10, Not permanent, very expensive (still doing it after 20 years). Those who claim it is permanent for everyone are lying.

Reference 23
25 - 40, Type 3 - White: Sometimes burns, average tan, Dark Brown, Pre-operative, Taking Anti-Androgen Medication - Oestrogen Hormone Replacement Therapy, Both Light Based and Electrolysis Treatment, Laser followed by electrolysis, Nd:YAG Laser, 16 to 24 sessions + Galvanic up to 80 hours, Every 8 weeks, Over 240 months + every 8 Weeks Over 24 months, Regular, Hair reduction, not complete removal, Success 8 out of 10, Not permanent, very expensive (still doing it after 20 years). Those who claim it is permanent for everyone are lying. "Facial Laser treatment / Genital Electrolysis"

Reference 8
Over 40, Type 3 - White: Sometimes burns, average tan, Dark Brown, Pre-operative - No Medication, Both Light Based and Electrolysis Treatment, Laser followed by electrolysis, ? Laser, 16 to 24 sessions + Galvanic up to 80 hours, Every 8 weeks, Over 20 years + every 1 Weeks Over 10 months, Regular, Hair reduction, not complete removal, Success 8 out of 10, Not permanent, very expensive (still doing it after 20 years). Those who claim it is permanent for everyone are lying.

Reference 24
Over 40, Type 3 - White: Sometimes burns, average tan, Light Brown, Pre-operative, Oestrogen Hormone Replacement Therapy, Both Light Based and Electrolysis Treatment, Electrolysis followed by Intense Pulsed Light (IPL), IPL, 9 to 16 sessions + Galvanic up to 80 hours, Every 8 weeks, Over 4 Months + every 0 Weeks Over 0 months, Irregular, Hair reduction, not complete removal, Success 4 out of 10, No Comment.

Reference 7
Over 40, Type 3 - White: Sometimes burns, average tan, Blonde, Pre-operative, Taking Anti-Androgen Medication - Oestrogen Hormone Replacement Therapy, Both Light Based and Electrolysis Treatment, Laser followed by electrolysis, Diode Laser, 9 to 16 sessions + Thermolysis / HF (High frequency) / AC (Alternating current) up to 1 hour, Every 4 week, Over 4 Month + every 1 week, Over 1 Month, Irregular, Treatment did not work for me, Success 1 out of 10, Too painful and damaging to skin. Setting was the lowest for my grey hair type.
Reference 10
Over 40, Type 4 - Moderate Brown: Rarely burns, tans with ease, Black, Pre-operative, Taking Anti-Androgen Medication - Oestrogen Hormone Replacement Therapy, **Both Light Based and Electrolysis Treatment, Laser followed by electrolysis**, R Laser, 16 to 24 sessions + Thermolysis / HF (High frequency) / AC (Alternating current) up to 80 hours, Every 8 weeks, Over 48 Months, Every 4 weeks, Over 24 Months, Regular, **Hair reduction, not complete removal**, Success 7 out of 10 *"I have had approx... 22 laser sessions, which I paid for myself, I have had approx 3 hours of electrolysis (I have paid for 1.5 - and I have been given 8 x 1.5hr sessions of electrolysis on the NHS) I have a mix of white and black hair and type 4 skin. The black hair is mostly gone, but I also have significant white beard hairs that are centred mostly on the chin (with a scattering elsewhere). The amount of sessions of electrolysis will not be nearly enough to remove the white hairs"*

Reference 26
Over 40, Type 4 - Moderate Brown: Rarely burns, tans with ease, Dark Brown, Pre-operative, No Medication, **Both Light Based and Electrolysis Treatment, Laser followed by electrolysis**, R Laser, 16 to 24 sessions + 1 to 8 sessions Intense Pulsed Light (IPL) + Galvanic up to 80 hours + Blend AC / DC up to 80 hours, Every 3 weeks, Over 3 Months + every 1 weeks, Over 48 Months, Irregular, **Hair reduction, not complete removal**, Success 6 out of 10, IPL useless, Laser limited success because too many grey hairs.

**Answers: Electrolysis Treatment / Electro-epilation**

Reference 13
Over 40, Type 2 - White: Usually burns, difficulty in tanning, Blonde Pre-operative, Taking Anti-Androgen Medication, Oestrogen Hormone Replacement Therapy, **Electro-epilation Treatment, Electrolysis**, Blend AC / DC, 161 to 240 Hours, Every 4 weeks Over 36 Months, Regular, **Hair reduction, not complete removal**, Success 7 out of 10, No Comment.

Reference 15
Under 25, Type 3 - White: Sometimes burns, average tan, Dark Brown, Pre-operative, No Medication, **Electro-epilation Treatment, Electrolysis**, Galvanic / DC (Direct Current), up to 80 hours, Every 2 weeks, 18 Months, Regular, **Permanent hair removal was achieved**, Success 7 out of 10, Still occasional hair comes through.

Reference 14
25 - 40, Type 3 - White: Sometimes burns, average tan, Dark Brown, Pre-operative, Oestrogen Hormone Replacement Therapy, **Electro-epilation Treatment, Thermolysis**, HF (High Frequency) / AC (Alternating Current), 380 hours, Every 1 weeks, 40 Months, Regular, **Permanent hair removal was achieved**, Success 10 out of 10, No comment.

Reference 18
Over 40, Type 3 - White: Sometimes burns, average tan, White / Grey, Status ?, Oestrogen Hormone Replacement Therapy, **Electro-epilation Treatment, Electrolysis**, Blend AC / DC, up to 80 hours, Every 1 weeks, 12 Months, Regular, **Hair reduction, not complete removal**, Success 10 out of 10, Long delay in processing application from my BIAE member for listing as an approved Electrologist by NHS South West - still waiting.

Reference 25
Over 40, Type 3 - White: Sometimes burns, average tan, White / Grey, Pre-operative, Taking Anti-Androgen Medication - Oestrogen Hormone Replacement Therapy, **Electro-epilation Treatment, Thermolysis**, HF (High Frequency) / AC (Alternating Current), up to 80 hours, Every 1 weeks, 36 Months, Irregular, **Hair reduction, not complete removal**, Success 9 out of 10, I had 60 hours in blocks of 10 with gaps between blocks. I have gone from needing to shave before going out in the evening to shaving twice a week. The hair that is left is either white or under my chin and not very obvious.

Reference 27
Over 40, Type 3 - White: Sometimes burns, average tan, White / Grey, Post-operative, Oestrogen Hormone Replacement Therapy, **Electro-epilation Treatment, Electrolysis**, Blend AC / DC, up to 80 hours, Every 1 weeks, 12 Months, Regular, **Permanent hair removal was achieved**, Success 9 out of 10, No comment.
Answers: Mix of Electro-Epilation Treatments
Reference 29
Over 40, Type 3 - White: Sometimes burns, average tan, White / Grey, Pre-operative, Oestrogen Hormone Replacement Therapy, **Electro-epilation Treatment, Electrolysis Mix**, Blend AC / DC) up to 80 hours + Galvanic / DC (Direct current), up to 80 hours + Thermolysis / HF (High frequency) / AC (Alternating current) & Flash Thermolysis, up to 80 hours, Every 1 weeks, 29 Months, Regular, **Permanent hair removal was achieved**, Success 9 out of 10, Electrologist uses the method she feels most appropriate at the time. I find blend least painful. Ongoing, but should be finished by December 2017 -- probably just under 200 hours in total.

Data Analysis & Conclusion

Conclusion
The conclusion of the findings of the Snap Shot data from the survey is that for a large number of people, Light based treatment (Laser and IPL – Intense Pulsed Light) will not permanently prevent future facial hair growth.

At best, it can reduce the amount of facial hair for those who have a type of hair that is suitable for light based treatment. i.e. Those with Skin Type 2 or 3 on the Fitzpatrick Scale and Black or Dark Brown Hair.

The amount of treatment required to achieve an acceptable reduction in facial hair for transgender people by Laser or IPL treatment has not been identified, but it is more that the 8 sessions of laser treatment currently provided by the NHS.

The data shows that Electro-Epilation / Electrolysis was part of the treatment regime for those who reported permanent removal of hair from the treated area. This supports the historic evidence that Electrolysis / Electro-Epilation can achieve permanent removal of facial hair. Electrolysis can be used to treat all skin and hair types, but there are many variables that affect the time treatment takes to completely prevent future facial hair growth.

The amount of Electro-epilation required to permanently reduce facial hair growth to an acceptable limit for transgender people is greater than the amount of treatment currently provided as equivalent to the 8 sessions currently provided by the NHS.


Both the above documents advised that the amount of facial hair reduction treatment that NHS England should provide for facial hair removal is as follows:

1. Light based treatment up to 2 blocks of 8 sessions, reassessed after each block;
2. Electrolysis, 3 blocks of 80 hours, reassessed after each block.
3. Or one block of laser for 8 sessions plus one block of electrolysis of 80 hours, reassessed after each block.

Transgender people would be recommended to utilise Electro-epilation / Electrolysis as part of their facial hair removal treatment to maximise the permanent reduction of facial hair.

Analysis
The following pages shows the level of satisfaction given by 28 transgender people.

The first is an assessment out of 10 to represent the average of how successful they rate the result of the hair removal treatment they received, and the outcomes of treatment

The result of treatment to permanently remove facial hair for those transgender patients who require it is of the utmost importance as part of their transition process.
You will note that for those who only received laser / IPL treatment, that it did not result in the permanent removal of hair growth. It did achieve a reduction for some patients.
IPL/LASER OUTCOMES

- A Mix of IPL & Laser Treatment: 1
- IPL (Intense Pulsed Light) Treatment: 3
- Laser Treatment: 6

Legend:
- Total

Note:
- Hair reduction, not complete removal
Only those who received electro epilation / electrolysis on its own or as part of a mix of treatment did achieve permanent hair removal.
Some of the patients were still undergoing treatment but they had all received more treatment than that currently provided by the NHS England Interim Gender Dysphoria Protocol and Service Guideline 2013/14, and the proposed amount of treatment currently stated in the consultation document i.e. 1 test and 8 sessions Laser treatment or an equivalent amount of Electro-epilation.
SATISFACTION OF INDIVIDUAL TREATMENT & FEEDBACK FOR PATIENTS WHO HAD BOTH LIGHTBASED & ELECTRO-EPILATION TREATMENT

Both Light Based and Electrolysis Treatment
Dark Brown:
Type 2: White; Usually burns, difficulty in tanning
Hair reduction, not complete removal
Electrology also extremely painful
I had a *** of hair to remove
Started laser in May 2002 & switched to electro in Oct 2003
Still having an hour or so of electro a month to mop up the strays as they复发

Black:
Type 4: Moderate Brown; Rarely burns, burns too late
Hair reduction, not complete removal
If I, wherely, laser limited success because too many grey hairs
My treatment is ongoing, currently am happy with the progress being made

Both Light Based and Electrolysis Treatment
Dark Brown:
Type 3: White; Sometimes burns, average tan
Hair reduction, not complete removal
Not permanent, very expensive (still doing it after 20 years). Those who claim it is permanent for everyone are lying

Both Light Based and Electrolysis Treatment
Dark Brown:
Type 4: Moderate Brown; Rarely burns, burns too late
Hair reduction, not complete removal
Treatment did not work
Too painful and damaging to skin. Setting was the lowest for my grey hair type
AVERAGE SATISFACTION OF TREATMENT

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Don't know</td>
<td>9</td>
</tr>
<tr>
<td>Blend AC/DC (a blend of the above methods)</td>
<td>10</td>
</tr>
<tr>
<td>Mix of the above treatments</td>
<td>9</td>
</tr>
<tr>
<td>Galvanic/DC (Direct Current)</td>
<td>7</td>
</tr>
<tr>
<td>Mix of the above treatments</td>
<td>10</td>
</tr>
</tbody>
</table>

- I had 60 hours in blocks of 20 with gaps between blocks. I have gone from needing to shave before going out in the evening to shaving twice a week. The hair that is left is softer white/gray under my chin and not very obvious.
- Long delay in processing application form my BIA member for funding as an approved depilator by NHS South West; still waiting.
- Ongoing, but should be finished by December 2017; probably just under 200 hours in total.
- Still occasional hair comes through.
- The treatment is excellent but not enough funding to get anywhere near clearing the facial hair. Plus some of the funding was used to clear the hair on the public area prior to my surgery which then left less for the face.

SATISFACTION OF INDIVIDUAL TREATMENT & FEEDBACK

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Laser Treatment</td>
<td>9</td>
</tr>
<tr>
<td>Laser Treatment</td>
<td>3</td>
</tr>
<tr>
<td>IPL (Intense Pulsed Light) Treatment</td>
<td>5</td>
</tr>
<tr>
<td>Laser Treatment</td>
<td>3</td>
</tr>
<tr>
<td>A Mix of IPL &amp; Laser Treatment</td>
<td>5</td>
</tr>
</tbody>
</table>

- Being laser, it won't be a permanent solution and hair will continue to grow back. Also, if you have a tender clinic so long to get their act together, I started going grey before laser treatment was given.
- Certainly reduced the grow back, as good as anticipated, I was anticipating more sessions but this could not happen.
- For a more effective result a min of 16 treatments is required.
- I saw some small changes and would love to continue with the treatment but ran out of funds. I chose the IPL as although probably not ideal for my skin type I couldn't afford the Alexandrite treatments £106.00 Vs £245.00 per session. Also I was led to believe.
- I've only had four sessions of laser so far but doing it every two weeks instead of every six weeks. Results so far have been much better than IPL.
## Satisfaction of Individual Treatment & Feedback for Patients Who Had Electro-Epilation Treatment

<table>
<thead>
<tr>
<th>Type</th>
<th>Hair Reduction</th>
<th>Treatment Experience</th>
</tr>
</thead>
<tbody>
<tr>
<td>White / Grey Type 1 - White; Occasionally burns, acceptable</td>
<td>Hair reduction, not complete removal</td>
<td>I had at least 60 hours in blocks of 10 with no gaps between sittings. I have gone from needing to shave before going out in the evening to shaving before arriving. The hair that is left is white or under my chin, and not very obvious.</td>
</tr>
<tr>
<td>White / Grey Type 2 - White; Occasionally burns, acceptable</td>
<td>Permanent hair removal was achieved</td>
<td>Ongoing, but should be finished by December 2017 – probably just under 300 hours in total.</td>
</tr>
<tr>
<td>Dark Brown Type 3 - White; Occasionally burns, acceptable</td>
<td>Permanent hair removal was achieved</td>
<td>The treatment is excellent but not enough funding to go anywhere near clearing the face. Hair from the pubic area prior to surgery which then left less for the face.</td>
</tr>
<tr>
<td>Black Type 4 - Moderate burns: Rarely burning, hair removal achieved</td>
<td>Hair reduction, not complete removal</td>
<td>(Blank)</td>
</tr>
</tbody>
</table>
SATISFACTION OF INDIVIDUAL TREATMENT & FEEDBACK
FOR PATIENTS WHO HAD LIGHT BASED TREATMENT

Light Based Treatment
Dark Brown
Type 2 - White. Usually burns, difficulty in tanning
Hair reduction, not complete removal

Light Based Treatment
Light Brown
Type 1 - White. Sometimes burns, average tan
Hair reduction, not complete removal

Light Based Treatment
Dark Brown
Type 1 - White. Sometimes burns, average tan
Hair reduction, not complete removal

Light Based Treatment
Light Brown
Type 1 - White. Sometimes burns, average tan
Hair reduction, not complete removal

Light Based Treatment
Dark Brown
Type 1 - White. Sometimes burns, average tan
Hair reduction, not complete removal

Light Based Treatment
Light Brown
Type 2 - White. Usually burns, difficulty in tanning
Hair reduction, not complete removal

Light Based Treatment
Dark Brown
Type 2 - White. Usually burns, difficulty in tanning
Hair reduction, not complete removal

Light Based Treatment
White / Gray
Type 3 - White. Sometimes burns, average tan
Hair reduction, not complete removal

Hair reduction, not complete removal

Certainly reduced the grey back, as good as I anticipated, I was anticipating more sessions but this could not happen.

For a more effective result a mix of 6 treatments is required.

I had some small changes and would love to continue with the treatment but ran out of funds, chose the LED, although probably not ideal for my skin type. I could not afford the Alexandrite treatments £350.00 Vs £250.00 per session. Also I was led to bel
Here and on the following pages we show the survey questions and the data obtained from 28 individual respondents to the survey.

There are many variables that affect the methods used to permanently prevent hair growth.

These include:

- Hair colour and type and density, skin type, age, how well hydrated the person is at the time of treatment.
- The type of treatment or mix or treatments used and their effectiveness to permanently kill the hair root systems.
- The settings used, skin reaction plus the comfort of the patient during treatment.
- The number of treatment sessions / total time taken to provide treatment.
- Any other contributing factors:
  - Skin conditions / contra indicators to treatment.
  - Medication / conditions that could affect hair growth / healing process.
Type of Hair Removal Treatment
28 responses

Light Based Hair Removal Treatments
Please select the type of treatment you received from the following list. If you are unsure please select don't know.
10 responses

Laser Treatment
How many treatment sessions did you have
6 responses

Method of treatment
6 responses
IPL / Laser Mix Treatments

Laser Mix Treatment

Method of treatment
1 response

100%

Argan Laser
Alexandrite Laser
Diode Laser
Nd YAG Laser
Don't know

How many treatment sessions did you have
1 response

100%

Less than or up to 8 sessions
Over 8 up to 16 sessions
Over 16 up to 24 sessions

IPL Mix Treatment

Method of treatment
1 response

100%

Intense Pulsed Light (IPL)
Fluorescent Pulsed Light (FFL)
Don't know

How many treatment sessions did you have
1 response

100%

Less than or up to 8 sessions
Over 8 up to 16 sessions
Over 16 up to 24 sessions
Reason for undertaking both treatments

1 response - IPL didn't seem to be very effective

IPL Treatment

How many treatment sessions did you have

3 responses

Method of treatment

3 responses
If you had both IPL and Laser treatments, please advise the reason for undertaking both treatments

1 responses - IPL did not work on the small patch of black hairs I had
Electrolysis / Laser Mix Treatment

Method of treatment
8 responses

- Argan Laser: 50%
- Alexandrite Laser: 12.5%
- Diode Laser: 12.5%
- Nd:YAG Laser: 25%
- Don't know

How many Laser treatment sessions did you have
9 responses

- Did not have laser treatment: 44.4%
- Less than or up to 8 sessions: 11.1%
- Over 8 up to 16 sessions: 11.1%
- Over 16 up to 24 sessions: 11.1%
- 16 sessions facial (ruby laser)

Electrolysis IPL Mix Treatment

Method of treatment
5 responses

- Intense Pulsed Light (IPL): 80%
- Fluorescent Pulsed Light (FPL): 20%
- Don't know

How many IPL treatment sessions did you have
9 responses

- Did not have IPL: 55.6%
- Less than or up to 8 sessions: 11.1%
- Over 8 up to 16 sessions: 11.1%
- Over 16 up to 24 sessions
Electrolysis Mix Treatments

Reason for undertaking a mix of treatments

7 responses
Try to reduce pain
Electrologist uses the method she feels most appropriate at the time. I find blend least painful.

That's what was recommended
Blend worked best for me as I find thermolysis causes swelling and galvanic is too slow.

white hair
Grey hairs
Try anything
Electrologist uses the method she feels most appropriate at the time. I find blend least painful.

Which treatment did you receive last?

12 responses
**Galvanic / DC (Direct Current) Mix Treatment**

How many treatment sessions did you have

12 responses

- Did not have Galvanic treatment: 66.7%
- Less than or up to 80 hours: 16.7%
- More than 80 or less than 160 hours: 8.3%
- More than 160 or less than 240: 3.3%
- More than 240: 0.3%
- None: 0.3%

**Was the treatment manually operated or computerised?**

11 responses

- Manual: 63.6%
- Computerised: 18.2%
- Don't know: 9.1%
- None: 9.1%

**Blend AC / DC Mix Treatment**

How many treatment sessions did you have

12 responses

- Did not have Blend treatment: 58.3%
- Less than or up to 80 hours: 33.3%
- More than 80 or less than 160 hours: 8.3%
- More than 160 or less than 240: 0.3%
- More than 240: 0.3%
Was the treatment manually operated or computerised?

5 responses

- Manual: 40%
- Computerised: 20%
- Don't know: 40%

Thermolysis / HF / AC Mix Treatment

How many treatment sessions did you have

12 responses

- Did not have Thermolysis treatment: 50%
- Less than or up to 80 hours: 33.3%
- More than 80 or less than 160 hours: 8.3%
- More than 160 or less than 240: 1%
- None: 0%

Was the treatment manually operated or computerised?

8 responses

- Manual: 50%
- Computerised: 25%
- Don't know: 25%

Electrolysis Hair Removal Treatments
Galvanic / DC (Direct Current) Treatment

How many treatment sessions did you have
1 response

- Less than or up to 80 hours: 100%
- More than 80 or less than 160 hours
- More than 160 or less than 240

Was the treatment manually operated or computerised?
1 response

- Manual: 100%
- Computerised
- Don't know

Blend AC / DC Treatment

How many treatment sessions did you have
3 responses

- Less than or up to 80 hours: 33.3%
- More than 80 or less than 160 hours: 33.3%
- More than 160 or less than 240

Was the treatment manually operated or computerised?
3 responses

- Manual: 33.3%
- Computerised: 66.7%
- Don't know
Thermolysis / HF / AC Treatment

How many treatment sessions did you have
2 responses

- 50% Less than or up to 80 hours
- 50% More than 80 or less than 160 hours
- More than 160 or less than 240
- 380

Was the treatment manually operated or computerised?
2 responses

- 100% Computerised

Computerised Thermolysis

Did you receive Flash Thermolysis?
6 responses

- 33.3% Yes
- 50% No
- 16.7% Don't know
- 0% Don't know
Time period of treatment

Average time between treatment sessions in weeks

<table>
<thead>
<tr>
<th>Treatment Type</th>
<th>Average Time (weeks)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Both Light Based and Electrolysis</td>
<td>7</td>
</tr>
<tr>
<td>Electro-epilation Treatment</td>
<td>2</td>
</tr>
<tr>
<td>Light Based Treatment</td>
<td>8</td>
</tr>
</tbody>
</table>

Average duration of treatment in Months

<table>
<thead>
<tr>
<th>Treatment Type</th>
<th>Average Duration (months)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Both Light Based and Electrolysis</td>
<td>40</td>
</tr>
<tr>
<td>Electro-epilation Treatment</td>
<td>10</td>
</tr>
<tr>
<td>Light Based Treatment</td>
<td>3</td>
</tr>
</tbody>
</table>

Were your treatment sessions on a regular or irregular basis?

28 responses

- Regular: 62.1%
- Irregular: 17.9%
Your assessment of treatment results

Please select from the following choices:

- Permanent hair removal was achieved (76%)
- Hair reduction, not complete removal (21.4%)
- The treatment did not work for me (2.6%)

Comments 17 responses

For a more affective result a min of 16 treatments is required.

Electrolysis was extremely painful

I've only had four sessions of laser so far but doing it ever two weeks instead of ever six weeks. Results so far have been much better than IPL.

Too painful and damaging to skin. Setting was the lowest for my grey hair type

My treatment is ongoing, currently I am happy with the progress being made.
I have had approx 22 laser sessions, which I paid for myself I have had approx 3 hours of electrolysis (I have paid for 1.5 - and I have been given 8 x 1.5hr sessions of electrolysis on the NHS) I have a mix of white and black hair and type 4 skin. The black hair is mostly gone, but I also have significant white beard hairs that are centred mostly on the chin (with a scattering elsewhere). The amount of sessions of electrolysis will not be nearly enough to remove the white hairs

I had a *lot* of hair to remove. Started laser in May 2002 & switched to electro in Oct 2003. Still having an hour or so of electro a month to mop up the strays as they're stubborn.

Still occasional hair comes through

The treatment is excellent but not enough funding to go anywhere near clearing the facial hair. Plus some of the funding was used to clear the hair on the pubic area prior to my surgery which then left less for the face
I saw some small changes and would love to continue with the treatment but ran out of funds. I chose the Nd:Yag, although probably not ideal for my skin type I couldn't afford the Alexandrite treatments £105.00 Vs £245.00 per session. Also I was led to believe there is much less risk of pigmentation or scaring with the Nd:Yag treatments. It is hard to put a figure on how many more treatments I think I would need.

Long delay in processing application from my BIAE member for listing as an approved depilator by NHS South West - still waiting

Being laser, it won't be a permanent solution and hair will continue to grow back. Also, it took the gender clinic so long to get their act together, I started going grey before laser treatment was given.

Certainly reduced the grow back, as good as I anticipated, I was anticipating more sessions but this could not happen

Not permanent, very expensive (still doing it after 20 years). Those who claim it is permanent for everyone are lying.

I had 60 hours in blocks of 10 with gaps between blocks. I have gone from needing to shave before going out in the evening to shaving twice a week. The hair that is left is either white or under my chin and not very obvious.
IPL useless, Laser limited success because too many grey hairs.

Ongoing, but should be finished by December 2017 -- probably just under 200 hours in total.
Further Information

Fitzpatrick Skin Types

Type 1: White; Always burns, never tans
Type 2: White; Usually burns, difficulty in tanning
Type 3: White; Sometimes burns, average tan
Type 4: Moderate Brown; Rarely burns, tans with ease
Type 5: Dark Brown; Very rarely burns, tans very easily
Type 6: Black; Does not burn, tans very easily

Skin Type 1 has the least melanin, therefore will heat up least, so highest energies can be used.

Ethnic Skin Types:
The Fitzpatrick scale should not be used as the only guideline. All skin types should be assessed and the client’s parent’s and grandparent’s ethnic origin should be considered to identify melanin levels to avoid over treatment.