

Soprano^{XL} Achieves Efficacious Hair Removal with Decreased Pain

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Since its introduction in 1998, 810 nm diode technology has been considered the gold standard in laser hair removal. Unlike previous systems though, the Soprano^{XL} from Alma Lasers, Inc. (Buffalo Grove, Ill.), damages the hair follicle and prevents regrowth by penetrating deep into the dermis with high average power, lower fluence and a rapid 10 pulse/sec repetition rate. This innovative technology is also being credited for significantly reducing patient discomfort, according to a recent study.

“Treating patients at high energies is fine, as long as there is very little melanin in the skin,” said principal investigator Martin Braun, M.D., medical director at The Vancouver Laser and Skin Care Centre in Vancouver, British Columbia, Canada. Traditionally, “by turning down the fluence, you don’t achieve efficacy.” However, with the Super Hair Removal (SHR) setting of the Soprano^{XL}, “Alma has successfully reduced the fluence to a range of 5 to 10 joules,” which increases the success rate for all skin types.

Consisting of 25 women with varying skin types, the study will be presented in April 2009 at the *American Society of Laser Medicine and Surgery* (ASLMS) annual conference. One leg was treated with the SHR mode of the Soprano^{XL} laser (5 J/cm² to 10 J/cm²; 10 Hz), while the other leg was treated with a competing 810 nm diode laser, at the highest fluence tolerated (15 J/cm² to 25 J/cm²). Patients committed to five sessions at six week intervals.

Six months after the final treatment, the reduction in hair count was comparable

for both lasers. “However, there was significantly less pain with the Soprano^{XL} and no instances of burning,” Dr. Braun reported. Additionally, the vast majority of study patients said they would select the Soprano^{XL} over the competing laser for future treatments. “I believe SHR is the first innovation in laser hair removal in the past ten years. We are now able to treat all skin types safely, with less pain,” Dr. Braun stated.

“The Soprano^{XL} laser is very popular in our practice. It is the only method of hair removal we use,” added Mary Holmes, P.A., who with her husband Kyle Holmes, M.D., owns Davis Laser Center, in Davis, Calif. “I love the laser because it is effective.” After a series of six treatments, spaced four to eight weeks apart, “I can count on a 90% to 95% reduction in hair.”

Furthermore, the SHR mode “is pretty comfortable for patients,” Ms. Holmes conveyed. “It’s more like a gradual heating. I compare the sensation to a hot stone massage. Patients absolutely love it.”

Since introducing the Soprano^{XL}, “we have never had a blister and the few cases of hyperpigmentation we have seen resolved,” Ms. Holmes reported. “This laser is an extremely safe modality. It has given our practice a competitive edge. Almost all our patients who have been treated elsewhere comment that the Soprano^{XL} doesn’t hurt as much, is quicker and does a better job.”