

MARTINE LANGSAM, IAT, WTS- Trichology Clinic
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Laser Benefits and Protocol:

Benefits

Hungarian researcher Mesterin 1967, found 500 mili watts, low power 694 nm ruby laser increased hair growth on backs of shaved mice. New Classification developed by US FDA for this Laser, it is LLLT– Low Light Laser Therapy. Strength is ½ Watts & is safe to be used at home without any medical supervision

- Enhances the Oxygen exchange chain in the Mitochondria, leading to more ATP and Cyclic AMP formation
- Displacement of Nitric Oxide & Toxins out of the cells allowing more oxygen to enter for better growth
- Induces angiogenesis, forming new blood vessels around the hair follicles
- Activates response to Reactive Oxygen Species -ROS
- Reduces inflammation and enhances wound healing

Laser Protocol

- Ideal to use twice a week
- Even once a week for busy patients who can not find time twice a week– is still effective
- Wear the Helmet, the device has an auto shut off after 20 minutes

LLLT Laser Home Instructions

Directions for use:

- Use regularly every 3-4 days.
- Use 2X weekly for 15 to 25 minutes

Recommended days of use:

- Monday & Thursday, or
- Tuesday & Friday, or
- Wednesday & Saturday

For best results: Shampoo your hair within 1 - 12 hours after use of the laser.

WARNING:

- **Do not** use 2 days in a row
- **Do not ever** exceed use of 3 times weekly for 25 minutes each session
- **Coarse Dark Brown or Coarse Black Hair** should start use of the laser at 15 minutes 2 times weekly
- **Blond or Very Fine Hair** can begin use of the laser at 25 minutes 2 times weekly