

# Chewing gum insulation for upper lip hair reduction

## Problem

Laser hair reduction is widely used for removing unwanted hair. However, some patients experience excruciating pain while undergoing laser hair reduction on the upper lip area, usually due to sensitive gums, dental implants, braces, etc. The pain may be the result of the heat generated by the laser. To overcome this problem, conventionally, a silicone gel sheet<sup>1</sup> or a wooden spatula covered with gauze<sup>2</sup> is used to form a layer inside between the upper lip and the gums. Unfortunately, the wooden spatula is not flexible and the silicon sheet is not disposable, and availability is an issue in addition to the extra cost.

## Solution

To overcome this problem, we have been using chewing gum or bubble gum to form an insulating layer between lips

and gums for some time. The patient is asked to chew a few pieces of chewing gum according to the area that needs to be covered over the teeth. After the chewing gum becomes soft, the patient can cover their gums and teeth on his/her own with the gentle pressure of the tongue to manipulate the shape of the chewing gum along the contour of the gums and teeth [Figure 1]. Keeping the chewing gum in the mouth may also divert the patient's attention and has the added advantage of eliminating bad odour during the procedure. Chewing gum is freely available, disposable, and mouldable, unlike the wooden spatula and silicon sheet. Thus, this technique can serve as an economical, time-saving, and effective method to alleviate pain for patients undergoing laser hair reduction on the upper lip.



**Figure 1:** Teeth and gums covered by chewing gum/bubble gum to form an insulating layer between lip and gum.

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The authors certify that they have obtained all appropriate patient consent.

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### **Conflicts of interest**

There are no conflicts of interest.

### **Use of artificial intelligence (AI)-assisted technology for manuscript preparation**

The authors confirm that there was no use of artificial intelligence (AI)-assisted technology for assisting in the writing or editing of the manuscript and no images were manipulated using AI.

***Sanjeev Gupta, Namya Gupta<sup>1</sup>, Meghna Khatri,  
Aditi Dabhra***

Department of Dermatology, MM Institute of Medical Sciences and Research, MMDU, Mullana, Ambala India, <sup>1</sup>Kalpna Chawla Government Medical College Karnal (Haryana), India

### **Corresponding author:**

Dr. Sanjeev Gupta,  
Department of Dermatology, MM Institute of Medical Sciences  
and Research, MMDU, Mullana, Ambala India.  
sanjeevguptadr@gmail.com

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