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A practical algorithm for the integration of skincare to improve patient outcomes and satisfaction with energy-based dermatologic procedures

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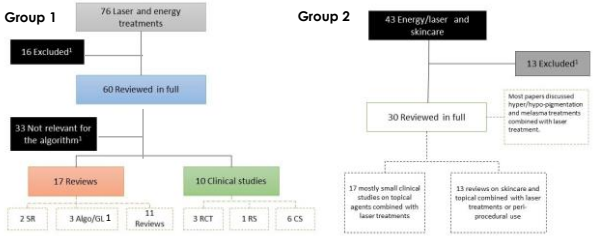
Introduction:

A panel of global experts (panel) developed a practical algorithm integrating skincare for energy-based dermatologic procedures. Despite research showing benefits, there is a need for standardization in recommending skincare products and ingredients for energy-based dermatologic procedures.

Methods:

The panel of physicians employed a modified Delphi method and reached a consensus on an algorithm integrating skincare for energy-based antiaging treatments based on the best available evidence (Fig. 1.) and the panels' clinical experience.
In a workshop, panel members provided feedback on the draft algorithm created before the meeting. The panel's updated algorithm incorporates their collective feedback.

Fig 1: Literature search results



The searches for publications in the English language (2010 to April 2023) were conducted in two groups: 1) laser and energy treatments and 2) laser and energy treatments and integrated skincare.

[1]Excluded: Poor-quality studies. In case of a review or update the latest version was used.
Due to a lack of clinical studies on periprocedural skincare, no grading was done.

Clinical studies (CS); Randomized controlled trials (RCT); Retrospective studies (RS); Cross-sectional studies (CS); Systematic reviews (SR); Guidelines (GL); Meta-analysis (MA); Algorithm (Algo)

Results:

Clinical studies suggest that periprocedural skincare may improve outcomes and patient satisfaction with aesthetic procedures.

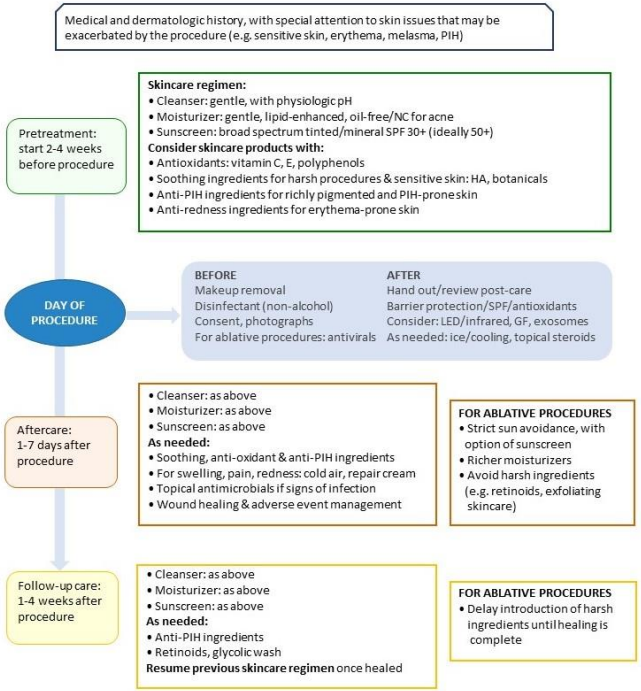
The algorithm is organized by treatment phase (pretreatment, day of procedure, aftercare, and follow-up care) and applies to energy-based procedures, with a few special considerations for ablative procedures.

Recommendations for skincare and ingredients include considerations for skin of color and skin prone to irritation based on patient history. Adjunct treatment with antioxidants and other ingredients at efficacious and safe levels improves energy-based treatment outcomes. Conversely, pretreatment with laser can enhance the uptake of topical antioxidants and other active ingredients. The panel agreed that skincare products are not interchangeable and that products with synergistic ingredients and clinically proven benefits should be prioritized.

Conclusions:

Skincare products and strategies are often recommended without evidence or expert consensus. While more research is needed, it is important to communicate that skincare can improve clinical results and the patient experience, both of which are crucial outcomes for aesthetic procedures.

Fig 2: Algorithm on integrated skin care for facial laser and energy-based rejuvenation treatments



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