

A practical algorithm for integrated skincare with nonenergy and injectable facial treatment to improve patient outcomes

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Background

Currently, standards for skincare before, during, and after nonenergy and injectable facial antiaging treatments are lacking. The algorithm on integrated skin care for facial antiaging nonenergy and injectable treatments aims to stimulate healing, reduce downtime, improving comfort and treatment outcomes.

Methods

A panel of seven global physicians employed a modified Delphi method and reached a consensus on an algorithm for integrated skincare for these facial treatments based on the best available evidence, the panels' clinical experience, and opinions.

Results

The algorithm has a pretreatment (starts 2 – 4 weeks before the procedure) and treatment (day of treatment) section, followed by after-treatment care (0 – 7 days) and follow-up care (1 – 4 weeks post-procedure) and preferably long-term (Fig 1).

Applying a broad-spectrum sunscreen with an SPF 30 or higher, combined with protective measures such as wearing a wide-brimmed hat and sunglasses, is recommended to protect the face from sun exposure.¹⁻³ Dyschromia is a significant concern for those with richly pigmented skin treated with peels.³

Prescribing a professional-grade skincare routine to injection patients improves skin quality and overall aesthetic score.^{4,5} Clinicians may recommend skincare using a gentle cleanser topical skincare serum and or moisturizer with suitable and efficacious ingredients that will maximize facial benefits and maintain patient safety..

Treatments containing vitamins C and E, retinoids, or other ingredients such as niacinamide, kojic acid, licorice root extract, azelaic acid, and tranexamic acid, depending on the patient's facial skin condition serve to augment and enhance benefit patient outcome and satisfaction.^{6,7}

Conclusions

Nonenergy and injectable procedures combined with skincare or topical treatments may improve outcomes and patient satisfaction. Topical antioxidants and free radical quenchers can combat photodamage and may offer a safe alternative to topical hydroquinone.

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Fig 1: Practical algorithm for integrated skincare with nonenergy and injectable facial treatment

