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What comes after: Post procedure modalities

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Introduction: Cosmetic dermatology procedures are on the rise with adverse events being reported quite often, especially in skin of color. A number of these adverse events can be avoided by proper post procedure instructions and compliance by the patients.

Methodology: Post procedure instructions for injectables, lasers, chemical peels and cutaneous surgeries have been detailed out with special reference to bruising and Post Inflammatory Hyperpigmentation (PIH). Role of bruise preventing agents such as Arnica and Bromelain has also been discussed.

Results: Bruising post injectables, PIH after peels and lasers and adverse outcomes of all procedures need simple instructions and clear understandings to prevent them from happening.

Conclusion: Skin of color patients do need proper care post procedure as do others. A good percentage of these adverse events are avoidable, if the patients and the physicians are aware and lay emphasis on what comes after the actual procedure.

Biography

Amit Luthra is a dermatologist in Ishira skin clinic and he has a good amount of practical experience in performing procedures like injectables, lasers, chemical peels and cutaneous surgeries in India. In this article, he has tried to bring forth the often neglected aspect of post procedure modalities. These, if followed can alter the adverse outcomes of some of these fairly risky procedures, especially in skin of color.

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