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Clinical protocol and psychometric findings post deep ablative fractional laser resurfacing procedure

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The impact of facial skin condition on psychosocial functioning is a phenomenon with consequences on the subjective quality of life of all dermatological patients. This paper reviews the clinical protocol of deep ablative fractional CO₂ laser resurfacing, its psychological management, and the findings of a statistical study on the psychological outcomes of the procedure. The study aimed to investigate the psycho-social effects after the deep ablative fractional CO₂ laser resurfacing. Background: Ablative CO₂ laser resurfacing is considered the gold standard in laser skin rejuvenation. However, its aggressiveness creates limitations in its widespread use despite proven effectiveness and fear in both patients and doctors. The effectiveness of the procedure is illustrated in the literature mostly with before and after pictures, and such an assessment introduces subjectivity into the interpretation of the results. Details on energy parameters and methodology are not shared. We claim that a precise protocol with comprehensive psychological management during all stages of the procedure guarantees long-lasting aesthetic results, avoiding possible complications. Before the procedure, a preliminary unilateral zonal test is conducted to select optimal energy parameters, familiarize the patient with the procedure, clarify expectations and reduce tension. The test orients the patient to the level of soreness and subsequent discomfort. It is a psychological tool to enhance behavioral recovery. A pre-procedure interview helps identify and rule out potentially unsuitable candidates (OCD, BFRB, etc.) and clarify expectations. Original research: Considering the reflection of facial skin condition on subjective well-being and QOL, an attempt was made to confirm the effectiveness of the procedure through its psycho-social outcomes. Aim: To examine physical self-esteem and general self-esteem outcomes post deep ablative resurfacing. Methods: Empirical data processing statistics, $p < 0.005$. Recipients were followed for 2 to 10 years. The study involved 100 participants with deep ablative resurfacing performed with high energy levels of no less than 120mJ per MAH (micro ablation hole). Results: An improvement in the studied psychometric parameters was observed, with the effect varying in the subgroups of subjects.

Biography

Milla Balabanova MU Varna research interests are Infectious diseases, parasitology, and dermatovenereology, VFU Varna, Psychology from Bulgaria.

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