

## 2ND WORLD CONGRESS ON DERMATOLOGY, COSMETOLOGY AND AESTHETIC SURGERY

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### Post-operative LED Phototherapy

My presentation focuses on a three-stage care protocol for post-surgical wound healing that aligns with the distinct phases of healing: Inflammation, Proliferation, and Remodelling. The protocol utilises LED Phototherapy through the Dermalux Tri-Wave MD, a medically certified device that employs red, blue, and near-infrared light to enhance cellular activity and promote skin rejuvenation. The Inflammation stage lasts from one to six days, focusing on infection control and managing swelling, while the Proliferation stage, spanning from day six to 21, supports tissue regeneration. The Remodelling stage, extending from day 21 to 18 months, aims to reduce scarring and improve skin quality. A case study will be shared, a 44-year-old woman who underwent multiple surgeries, illustrating the protocol's effectiveness. Initially presenting with significant swelling and the risk of wound rupture, the patient underwent five sessions of blue and near-infrared light therapy, followed by red light therapy. Results showed rapid wound healing, reduced bruising, and improved mobility after just two sessions. The findings suggest that LED Phototherapy can significantly expedite recovery, minimize infection risks, and enhance aesthetic outcomes. The study advocates for the integration of LED Phototherapy into surgical practices to improve patient recovery, emphasising that it is a non-burdensome addition to standard post-operative care.

**Keywords:** Wound Healing, LED Phototherapy, Photo bio modulation, Dermalux , Post-Surgical Care, Regenerative medicine

### Biography

Kate is the Founder, Clinical Director and Lead Aesthetic Nurse of The Clinic by La Ross. She is a member of the British Association of Cosmetic Nurses, Royal College of Nurses as well as a registered with the Aesthetic Complication Experts and CMAC as she is passionate about patient safety and building her complications knowledge. Kate is also the Director of Urban Aesthetics Academy UK and is a regional associate trainer for Teoxane, faculty for Dermafocus with a keen interest in combination treatments and full face harmonisation. Kate supports medical practitioners in their journey to Aesthetics by working with them within a mentorship program. Kate studied her Bachelors at Salford University, progressed to complete a Post Graduate Degree in Education and now holds a Qualified Teacher Status with the Department of Education and a masters in Nursing, plus is an independent nurse prescriber. At the clinic Kate enjoys consulting with her patients, ensuring they work together to achieve the best results in their treatment journey be it non surgical or surgical. She promotes safety and natural results with a focus on restoration and maintenance over change. Kate is a KOL for Dermalux and an ambassador for Neogen Plasma. Kate is passionate over education and has written and cowritten various publications focusing on combination therapies, priming protocols and complication mitigation and avoidance such as Kate has just been awarded Medical Aesthetic Practitioner of 2022 and 2023 for the South East of the UK and was a finalist at the safety in beauty awards 2023 for the UK Aesthetic Nurse of the year. Kate also is a Director of The Nurses Network, an organization dedicated to supporting medical practitioners in their Aesthetic practice.