

IMCAS 2026, PARIS

AVENE SYMPOSIUM - KEY TAKE HOME MESSAGES

Symposium

“60 MINUTES IN MEDICAL STAFF: FROM REAL CASES TO PROTOCOL-DRIVEN IMPROVEMENTS IN AESTHETIC PATIENT CARE” – January 30th 2026

1. PRE-PROCEDURE CARE: SETTING THE RIGHT CONDITIONS TO REDUCE ADVERSE EVENTS AND OPTIMIZE RESULTS (Pr. KERSCHER)

This presentation highlights how structured pre-procedure skincare, based on skin quality assessment and barrier optimization, is a clinical cornerstone to improve tolerance, healing, and aesthetic outcomes of in-office procedures.

Take-home messages

- **Skin quality** is a major determinant of perceived age, attractiveness, and health, and should be systematically assessed using key parameters such as **firmness**, **surface evenness**, **tone evenness**, and **glow** before any aesthetic procedure.
- Pre-procedural care must be **individualized**, taking into account **skin sensitivity**, **Fitzpatrick phototype**, degree of **inflammation**, and the type and aggressiveness of the planned procedure.
- Optimizing the skin barrier before procedures improves **procedural tolerance**, **reduces post-procedure erythema**, and **enhances healing and final outcomes**, particularly in sensitive and darker phototypes.
- Key topical actives discussed include **niacinamide** (barrier strengthening, anti-inflammatory, pigment regulation), **hyaluronic acid** (multilevel hydration), and **retinal** (collagen stimulation with better tolerability), used consistently over time rather than as a short-term intervention. *[Learn more about Hyaluron Activ Procedure Lifting Cream](#)*
- Pre-procedural skincare should be viewed as a foundational strategy that supports regulated regeneration, improves ECM (extra cellular matrix) quality, and maximizes the efficacy of injectables, energy-based devices, and microneedling.

2. POST-PROCEDURE HEALING: MANAGING THE RECOVERY PHASE FOR ADVANCED RESULTS (Dr. DAVIS)

This talk focuses on how optimized post-procedure skincare protocols can accelerate barrier recovery, reduce downtime, and improve patient comfort and clinical outcomes after aesthetic procedures.

Take-home messages

- Post-procedure healing quality directly impacts **downtime**, **risk of complications**, and **final aesthetic results**, particularly after procedures involving controlled skin injury such as lasers, microneedling, and chemical peels.
- **Rapid restoration of the skin barrier**, ideally within the first 24–48 hours, is essential to minimize post-inflammatory erythema, hyperpigmentation, and infection risk.
- Restorative formulations combining **post-biotic ingredients**, antimicrobial complexes (**copper/zinc**), and **soothing thermal spring water** help stabilize the skin barrier and protect against environmental insults after procedures. [Learn more about Cicalfate + Repairing Protective Cream](#)
- Hydration-focused emulsions containing hyaluronic acid and niacinamide are particularly beneficial after more aggressive procedures, improving comfort, reducing sensations such as stinging or burning, and increasing patient compliance. [Learn more about Cicalfate + Hydrating Skin Repairing Emulsion](#)
- Clinical cases from multiple ethnicities demonstrate that using these products after treatment **reduces erythema, accelerates healing, improves skin texture** and allows for a quicker return to normal skincare routines.

3. ENHANCING PROCEDURE OUTCOMES: MASTERING AESTHETIC PROTOCOL THROUGH CLINICAL INSIGHTS (Dr. CAMPOS)

This presentation explores how integrating topical skincare, particularly retinal-based protocols, before and after injectables and energy-based procedures can enhance and prolong aesthetic outcomes.

Take-home messages

- While the duration of botulinum toxin effects may not be objectively decreasing, optimized peri-procedural skincare can improve perceived efficacy and patient satisfaction.

- **Retinal is highlighted as 3 times more active than retinol**, with the same tolerability. It offers fast collagen stimulation, improved skin uniformity, and reduced irritation.
- Clinical observations and ongoing studies show that combining retinal-based topical care with toxin injections improve **skin brightness, uniformity, wrinkle appearance**, and **overall skin quality**, including areas untreated by toxin injections. [Learn more about Hyaluron Activ Procedure Lifting Cream](#)
- The Lifting Cream demonstrated **good tolerance** even in patients with sensitive skin or rosacea, and helped reduce inflammation, sensitivity, and post-procedure discomfort.
- A split face clinical study was performed in post laser, post peeling and post injections, versus a hydrating cream, and after reepidermization. The clinical scoring showed a statistically difference on the Lifting Cream side, proving that the product **enhances the results of aesthetic procedures**. [Learn more about this study newly published](#)
- Structured post-procedure skincare should be considered an **integral part of aesthetic protocols** to reduce post-inflammatory hyperpigmentation, improve radiance, and optimize long-term outcomes across injectables and device-based treatments.