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## PSNCB-CANS

Certified Aesthetic Nurse Specialist (CANS)

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# Latest Version: 6.0

## Question: 1

In the context of laser hair removal, what role does the skin's melanin content play in treatment efficacy?

- A. Higher melanin content improves laser absorption.
- B. Lower melanin content increases treatment pain.
- C. Higher melanin content can increase the risk of burns.
- D. Melanin content does not affect treatment outcomes.

**Answer: C**

Explanation:

Higher melanin content in the skin can increase the risk of burns during laser hair removal treatments due to greater absorption of laser energy, necessitating careful consideration of treatment parameters.

## Question: 2

In a clinical study comparing patient satisfaction among users of Dysport and Botox, it was found that patients reported varying degrees of satisfaction based on onset time and duration.

What is a critical factor that might explain the differences in patient satisfaction between these two products?

- A. The different diffusion properties of Dysport may affect the aesthetic outcomes in larger treatment areas.
- B. Dysport is less effective than Botox and hence has lower satisfaction rates.
- C. Botox's formulation causes it to last longer in the body compared to Dysport.
- D. Patient familiarity with Botox leads to higher satisfaction regardless of outcomes.

**Answer: A**

Explanation:

The differing diffusion properties of Dysport can lead to varying aesthetic outcomes, particularly in larger areas, which may impact overall patient satisfaction.

## Question: 3

Which of the following should be avoided in the pre-treatment phase for clients planning to undergo a TCA peel to minimize complications?

- A. All of the above

- B. Sun exposure
- C. Oral antibiotics
- D. Use of topical retinoids

**Answer: A**

Explanation:

All of these factors should be avoided prior to a TCA peel to minimize the risk of complications such as irritation, uneven peeling, and post-inflammatory hyperpigmentation.

### Question: 4

In the context of laser treatments, what is the primary purpose of utilizing a cooling device during the procedure?

- A. To minimize patient discomfort and protect the epidermis
- B. To enhance the efficacy of the laser treatment
- C. To reduce the overall treatment time
- D. To improve the aesthetic results of the treatment

**Answer: A**

Explanation:

The primary purpose of utilizing a cooling device is to minimize patient discomfort and protect the epidermis from thermal injury during laser procedures.

### Question: 5

Which of the following topical anesthetics is most effective when applied prior to needle insertion for cosmetic procedures, providing the fastest onset of action?

- A. Lidocaine
- B. Benzocaine
- C. Tetracaine
- D. EMLA cream

**Answer: A**

Explanation:

Lidocaine has a rapid onset of action, making it the most effective topical anesthetic for use prior to procedures involving needle insertion.

### Question: 6

A 60-year-old patient with a significant history of cardiovascular disease wants to undergo aesthetic treatment.

What assessment should you prioritize to ensure their safety?

- A. Their previous experiences with cosmetic procedures
- B. Their pain tolerance and bruising history
- C. A thorough cardiovascular evaluation and clearance
- D. Their social life and upcoming events

**Answer: C**

Explanation:

For patients with significant cardiovascular issues, obtaining a thorough cardiovascular evaluation and clearance from their healthcare provider is essential to ensure their safety during and after the procedure.

### Question: 7

When evaluating a patient's overall health prior to an aesthetic procedure, which of the following conditions should be considered a contraindication for certain treatments?

- A. Controlled hypertension
- B. Well-managed diabetes
- C. Active infection at the treatment site
- D. Mild anxiety

**Answer: C**

Explanation:

An active infection at the treatment site poses a direct risk for complications and should be addressed before proceeding with any aesthetic procedure.

### Question: 8

In preparing for a Sculptra (Valeant) treatment, what pre-procedure advice should a nurse provide to ensure optimal results?

- A. Ensure skin is well-hydrated but not moisturized on the day of treatment.
- B. Avoid all medications for two weeks prior.
- C. Discontinue smoking for one week before treatment.
- D. Avoid high-intensity workouts one week prior.

**Answer: A**

Explanation:

Proper hydration is essential for the skin's response to Sculptra, while avoiding moisturizers right before treatment can help with injection accuracy.

### Question: 9

When counseling a patient on the use of topical retinoids, which of the following side effects should you emphasize as a common initial response to treatment?

- A. Increased moisture retention
- B. Redness and peeling
- C. Hyperpigmentation
- D. Permanent skin thinning

**Answer: B**

Explanation:

Redness and peeling are common initial side effects of topical retinoids as the skin adjusts to the active ingredient, typically resolving with continued use.

### Question: 10

Which aspect of a patient's health history is most pertinent to assess in relation to their potential for postoperative complications?

- A. Allergies to medications
- B. Family history of chronic illnesses
- C. Previous surgical experiences
- D. Current exercise regimen

**Answer: C**

Explanation:

Previous surgical experiences can provide critical insights into how a patient may respond to anesthesia, healing, and any potential complications that could arise during recovery.

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