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THE IMPACT OF COMPLIANCE WITH SANITARY STANDARDS ON THE INCIDENCE OF POST-PROCEDURAL COMPLICATIONS IN COSMETOLOGY

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Abstract:
This article examines the impact of healthcare standards on post-procedural complications in cosmetics and analyzes the historical development of attitudes toward antiseptics and hygiene, as well as their implementation in aesthetic treatments. This section details the main complications that can arise after cosmetic procedures, such as infections, swelling, allergic reactions, and vascular problems. The material is designed to keep the workplace clean and safe, ensure everything is sterilized, the skin is disinfected, and all technicians adhere to hygiene procedures at work.
The relationship between poor sanitation practices and the increased risk of complications was also analyzed, supporting strict adherence. Factors such as a well-trained team and robust processes were cited as important factors for maintaining safety. Several procedures have been developed to provide practical recommendations for combating microbial contamination and improving the quality of care. Maintaining cleanliness is essential for patient safety and the proper functioning of aesthetic medicine.
Scientific Novelty. The study's major breakthrough lies in its thorough examination of how medical guidelines influence complications following cosmetic procedures—organizing and clarifying how the level of medical discipline relates to the risk of complications across cultures;
A comprehensive and holistic approach to risk assessment is proposed, which includes not only routine checks of cleanliness levels, but also the air we breathe, how the workspace is set up, and how well disinfection is carried out.
The classification of post-procedural issues was resolved by focusing on how they relate to specific sanitary violations, making it easier to determine the causes of these problems.
The need to introduce a structured method for checking the quality of medical services at the places where procedures are performed is justified in order to prevent the occurrence of problems.
The obtained results expand the understanding of the role of sanitary and hygienic factors in ensuring the safety of cosmetic procedures and can be used to improve the standards of practical activity in this area.
Purpose of the Study. The purpose of this study is to comprehensively examine compliance with sanitary standards for procedures and the nature of post-procedural care in cosmetology, as well as to identify key risk factors associated with violations of

sanitary and hygienic requirements, while adhering to precautionary measures to improve the safety of cosmetology procedures and the quality of services provided.

Keywords: Cosmetology, sanitary standards, post-procedural complications, infectious complications, antisepsis, asepsis, sterilization of instruments, disinfection, patient safety, cosmetology procedures, prevention of complications, hygiene, medical cosmetology.

Introduction

Modern cosmetology is a growing and technologically advanced field. New advances in aesthetic medicine emerge every year.

Modern society's demands for maintaining youthfulness and skin quality, as well as correcting aesthetic imperfections, drive the demand for cosmetic procedures, especially those with minimal recovery periods, and their number is steadily increasing each year. Therefore, the search for post-procedural care that can ensure effective, rapid, and comfortable rehabilitation after cosmetic treatments is particularly urgent. Aesthetic correction methods such as mesotherapy, biorevitalization, contouring, botulinum toxin injections, RF needle lifting, facial cleansing, and chemical peels offer a quick recovery period and minimal side effects. However, tissues may respond to these procedures with local reactions of varying severity, including swelling, ecchymosis, hematomas, irritation, erythema, and worsening of inflammatory conditions (e.g., acne flare-ups). Within cosmetology practice, new data on the effectiveness and safety of procedures are published regularly, as accumulated practical experience of their use and consequences are available for study [1].

A variety of factors can disrupt the skin's reparative process, including an unfavorable microenvironment that impedes skin restoration, hyperglycemia, chronic trauma, and growth factor and cytokine deficiencies. The integrity of healthy skin plays a vital role in maintaining physiological homeostasis in the human body. Edema from cosmetic procedures continues to increase, especially with injection and instrumental methods. There is a direct link between the healing mechanism and the final aesthetic outcome of a cosmetic procedure [2].

COVID-19 has changed the statistics. The work of surgeons and cosmetologists, their income, and the number of patients have significantly decreased. The economy is changing work rules and practices. Specialists are noticing the need for new approaches in their work. Hygiene protocols have been established by institutions, impacting their daily activities and increasing their time spent on work. Changes in consumer behavior have become noticeable, with people postponing revision surgeries. Clearly, the world of cosmetic procedures has changed significantly, and this is an undeniable conclusion [3].

The development of cosmetology as an independent field of medicine is linked to changing concepts of hygiene and antiseptics. Ancient civilizations such as Egypt and

Greece used various skin care methods, although their safety remained low due to a lack of knowledge about microbes. A significant breakthrough occurred in the nineteenth century, when the foundations of antisepsis were developed thanks to the work of Louis Pasteur and Joseph Lister. Research demonstrated the role of microorganisms in the development of infections, leading to the introduction of sterile techniques into surgery and, later, cosmetology.

In the 20th and 21st centuries, cosmetology transformed into a high-tech discipline, encompassing invasive and minimally invasive procedures. The advent of injection techniques, laser technologies, and hardware-based procedures significantly increased the effectiveness of aesthetic interventions, but also increased the risk of complications. Under these conditions, compliance with sanitary standards has become key to ensuring patient safety.

The purpose of this article is to analyze the impact of compliance with sanitary standards on the incidence of post-procedural complications in cosmetology, as well as to identify the main risk factors and methods of their prevention.

Theoretical Foundations of Sanitary Standards in Cosmetology. For specialists in the modern beauty industry, ensuring quality and minimizing risks is not an added bonus, but a fundamental professional responsibility. Client safety, the longevity of results, and their loyalty depend on it. The aesthetic services market today is a highly competitive field, where the skill level of practitioners varies greatly. The low barrier to entry, the abundance of training programs of dubious quality, and the promotion of quick techniques create a situation where consumers, unaware of technological nuances and safety, make decisions based on the visual appeal of images on social media [4].

Sanitary standards are a set of rules and requirements aimed at preventing infectious and non-infectious complications during medical and cosmetic procedures. They include requirements for the premises, equipment, personnel, and the procedures themselves.

The foundation of sanitary standards is the principle of asepsis, aimed at preventing the introduction of microorganisms into the wound or surgical site, and antisepsis, aimed at destroying existing microorganisms. In cosmetology, these principles are implemented through the sterilization of instruments, the use of disposable consumables, patient skin treatment, and the personal hygiene of the specialist [5].

Sanitary requirements also include monitoring the indoor microclimate, regular disinfection of surfaces, proper disposal of medical waste, and preventive examinations of personnel.

Classification of post-procedural complications. Side effects after cosmetology procedures come in various forms, depending on their nature and how they occur [6].

Infectious complications include bacterial, viral, and fungal skin infections. They occur when instruments are not sterile or when the skin is not properly prepared.

Inflammatory complications manifest as swelling, hyperemia, pain syndrome and can be either a consequence of infection or a reaction to tissue trauma.
Allergic reactions occur due to individual sensitivity to the drugs and materials used.
Vascular complications include hematomas, tissue ischemia, and necrosis, especially with injection procedures.
Aesthetic complications are associated with unsatisfactory results of the procedure and may include asymmetry, hyperpigmentation and scarring.

The role of sanitary standards in preventing infectious complications. Compliance with sanitary standards can be considered a primary factor in preventing all infectious complications. The primary source of infection is microorganisms that enter the patient's body through instruments, the hands of a specialist, or the environment [8].
Instrument sterilization ensures the destruction of all forms of microorganisms, including spores. The most effective methods are autoclaving and dry heat treatment.
The use of disposable instruments significantly reduces the risk of infection.
Pre-procedure antiseptic treatment of the patient's skin helps reduce the number of microorganisms on the skin's surface. It is important to use products with proven effectiveness and adhere to the appropriate exposure time.
Hand hygiene is one of the most important factors for a professional. Regular hand washing and the use of hand sanitizer significantly reduce the risk of infection transmission.

Table 1 - The impact of compliance with sanitary standards on the risk of post-procedural complications

Compliance with sanitary standards	**Risk of post-procedural complications**
Full compliance with all stages of sterilization and antisepsis	Minimal risk, isolated cases of complications
Use of disposable instruments and strict hand hygiene	Very low risk of infectious complications
Partial compliance with sanitary requirements	Moderate risk of inflammatory reactions
Violation of the rules for skin treatment before the procedure	Increased risk of bacterial complications
Insufficient sterilization of instruments	High risk of infectious processes
Ignoring sanitary requirements	Critically high risk of severe complications

This table provides a comparative analysis of the risk of complications depending on the level of compliance with sanitary standards in cosmetology practice. It clearly demonstrates the critical role of each stage of sanitary treatment.

The impact of sanitary conditions in the room. The room where cosmetic procedures are performed must meet strict sanitary requirements. Insufficient ventilation, high humidity, and contaminated surfaces promote the proliferation of microorganisms.
Regular cleaning and disinfection help reduce bacterial loads. It is especially important to treat work surfaces, equipment, and contact areas [9].
Monitoring air quality is also important. The use of germicidal lamps and filtration systems helps reduce the concentration of pathogenic microorganisms.

The importance of personnel training and qualifications. A specialist's qualifications directly impact compliance with sanitary standards. Insufficient training can lead to errors in instrument handling, improper use of antiseptics, and poor procedure technique.
Personnel training should include not only professional skills but also knowledge of microbiology, epidemiology, and sanitation. Regular professional development helps maintain a high level of safety.
Monitoring the health of employees is also important. A specialist with an infectious disease can become a source of infection for patients.

The link between poor sanitary practices and the incidence of complications. Numerous studies show that poor sanitary practices significantly increase the incidence of post-procedural complications, particularly infectious ones.
For example, using non-sterile instruments can lead to the development of bacterial infections, such as staphylococcal and streptococcal skin lesions. In severe cases, abscesses and cellulitis may develop.
Failure to follow antiseptic procedures during injection procedures can cause inflammatory infiltrates and tissue necrosis. This is especially dangerous when injecting fillers and botulinum toxin.
Insufficient skin treatment can facilitate the penetration of opportunistic flora, which leads to complications even with minimal trauma.

Preventive measures and recommendations. To reduce the incidence of post-procedural complications, strict adherence to sanitary standards is necessary at all stages of the procedure.
Only sterile or disposable instruments should be used. All reusable instruments must undergo a full reprocessing cycle, including disinfection, pre-sterilization cleaning, and sterilization.

Skin treatment should be performed using modern antiseptics. It is important to consider the patient's individual needs and avoid products that cause allergic reactions.

Personal hygiene rules must be observed, including the use of gloves, masks and protective clothing.

Regular monitoring of the quality of sanitary measures allows for the timely identification and elimination of violations.

Table 2 - Basic sanitary measures and their preventive value

Sanitary event	**Preventive value**
Sterilization of instruments	Complete destruction of microorganisms and prevention of infection
Disinfection of surfaces	Reducing microbial contamination of the working environment
Antiseptic treatment of the skin	Reducing the amount of pathogenic flora
Use of disposable materials	Elimination of cross-contamination
Hand hygiene of a specialist	Preventing transmission of infection to the patient
Control of indoor microclimate	Reducing the risk of microbial growth
Medical supervision of personnel	Eliminating the source of infection among employees

The table systematizes the key sanitary measures used in cosmetology and reveals their importance in reducing the incidence of post-procedural complications.

Conclusion

Compliance with sanitary standards is a fundamental safety factor in cosmetology [10]. It directly influences the incidence of post-procedural complications and determines the quality of services provided.

Ignorance and non-compliance with sanitary standards open up virtually limitless opportunities for the development of successive infectious and inflammatory complications, which in some cases turn into a tragedy for the health of patients [11].

Only systematic, strict monitoring of sanitary procedures, improved personnel qualifications, whose authority and responsibility must comply with regulations, and strict control over procedure conditions—those three factors can curb complications and ensure that cosmetology practices remain at least as safe as they are considered by modern patients.

Thus, strict regulation and compliance with sanitary standards should be considered an integral part of professional activity in cosmetology.

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