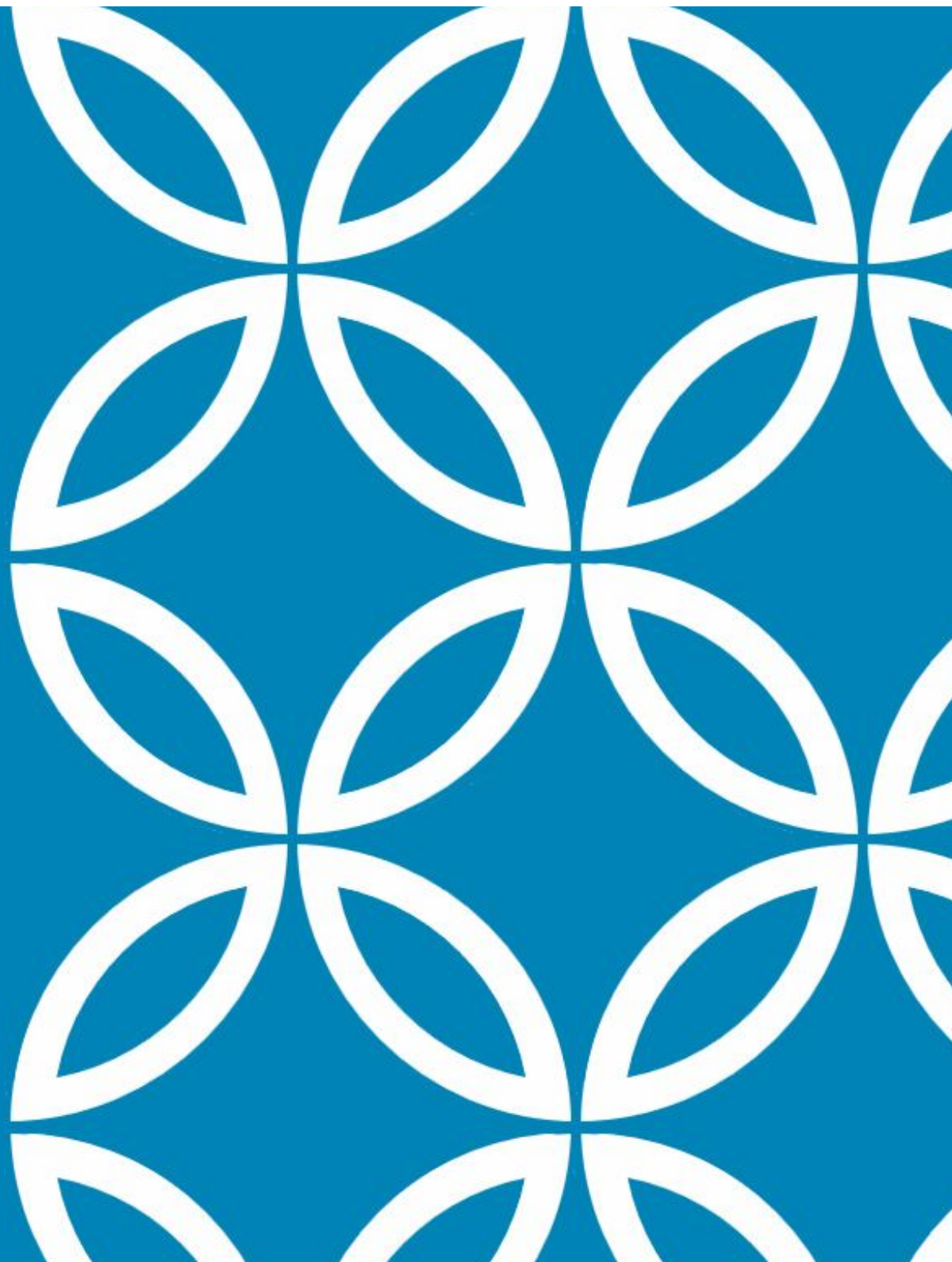




Melissa Herpel, a board-certified Family Nurse Practitioner, possesses extensive experience in both family medicine and medical aesthetics. With over 20 years of nursing experience and 18 years as a Family Nurse Practitioner, she has dedicated her career to providing accessible and affordable healthcare. As the owner of Express Family Clinic and manager of Kiss Aesthetics in Texas, she is committed to delivering advanced aesthetic treatments that enhance patients' physical appearance and well-being. Melissa Herpel combines her clinical expertise with a compassionate, patient-centered approach, emphasizing safety, education, and natural results.

ADVANCES & TRENDS IN AESTHETIC S FOR NURSE PRACTITION ERS

Melissa Herpel, RN, APRN,
FNP-C



DISCLOSURES

I have no financial relationships or conflicts of interest to disclose in relation to this presentation.

OBJECTIVES

Upon completion of this continuing education activity, participants will be able to:

- Describe the current evidence-based advances in aesthetic treatments and technologies
- Apply safety protocols and emergency management procedures in aesthetic practice
- Integrate patient-centered care principles into aesthetic treatment planning
- Analyze the role and scope of practice for nurse practitioners in aesthetic medicine
- Evaluate clinical outcomes and quality improvement measures in aesthetic practice

WHY THIS MATTERS



Aesthetics is the fastest-growing field in healthcare



NPs bring a unique blend of clinical knowledge & patient-centered care



Staying current = safer care + competitive practice growth

ADVANCES IN NEUROTOXINS

Longer-lasting options

Faster onset, more precise diffusion

Expanding applications: masseter reduction, hyperhidrosis, migraines

FILLER INNOVATIONS



Biostimulatory fillers (Radiesse, Sculptra) stimulate collagen



Softer, more flexible HA fillers for dynamic areas



Trend: full-face rejuvenation vs treating isolated lines

REGENERATIVE AESTHETICS



PRP/PRF for skin & hair



Exosomes → cutting-edge in healing & rejuvenation



Stem-cell therapies on the horizon

DEVICES & TECHNOLOGY

RF microneedling, Tixel, hybrid lasers

Body contouring: cryolipolysis,
Emsculpt NEO

AI-based facial mapping for treatment
planning

PATIENT-CENTERED TRENDS

Prejuvenation: younger patients using prevention strategies



Wellness + aesthetics: IV therapy, peptides, HRT integration



Holistic approach: confidence + health

SAFETY & BEST PRACTICES



Complication recognition (vascular occlusion, vision risk)



Emergency kits & protocols are essential



Growing emphasis on standardized injector training

MARKET TRENDS

Rising demand among men & younger demographics

Memberships & subscription models drive retention

More non-MD owned medspas, especially in Texas

ROLE OF NURSE PRACTITIONERS



Blend of clinical expertise & patient trust



Positioned to lead in safe, ethical, and innovative aesthetics



Opportunity for entrepreneurship & expanded scope

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QUESTION
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