

PRESS RELEASE

52nd Congress of the Spanish Association of Dermatology and Venereology

Dermatologists warn that a large number of corrective aesthetic treatments stem from malpractice by unqualified personnel

- Current aesthetic dermatology seeks personalisation, with less invasive procedures, adapted to each patient's needs, and should be performed by specialists "to guarantee safe and satisfactory results"
- Facial laser rejuvenation offers aesthetic and functional improvements to the skin, smoothing out wrinkles, removing marks and potentially reducing the risk of cutaneous squamous-cell carcinoma
- Cutaneous inflammation, caused by excessive exposure to the sun, can be treated using topical treatments, such as anti-inflammatory corticosteroids and sunscreens, antihistamines and vascular laser

10 May 2025 - A significant percentage of the corrective treatments in aesthetic dermatology are carried out to correct previous interventions performed by unqualified personnel. This was one of the central issues addressed at the 52nd Congress of the Spanish Academy of Dermatology and Venereology (AEDV), which brought together over 2,000 dermatologists from 7 to 10 May in Valencia.

The speakers at the sessions on aesthetic dermatology stressed the importance of seeing licensed specialists to guarantee safe and satisfactory results, as well as presenting recent advances in this field, from minimally invasive procedures, state-of-the-art laser technologies and face and body rejuvenation techniques, among others.

Dermatologists, specialists in skin health, are known as being responsible for skin healthcare and well-being. Consequently, as stressed by **Dr. Antonio Martorell**, a dermatologist at the Manises Hospital and the Clínica RBE in Valencia, they are considered "leaders in performing scientifically guaranteed aesthetic procedures, adopting a holistic vision and providing personalised advice".

As Dr. Martorell pointed out, it is particularly significant that specialists in dermatology who carry out aesthetic dermatology operations "have observed a significant percentage of corrective treatments are performed to correct previous operations carried out by unqualified personnel". As the expert stressed, this underlines the importance of seeing licensed specialists "to guarantee safe and satisfactory results".

The aesthetic procedures best performed by dermatologists include dermal fillers, used to restore facial volume and smooth out wrinkles and botulinum toxin, "used to reduce expression lines and dynamic wrinkles", as Dr. Martorell explained. In addition, the specialist pointed to the use of chemical peels, the application of chemical solutions to

improve the texture and appearance of the skin. Finally, he presented microdermabrasion (mechanical exfoliation to renew the skin and treat surface imperfections) and laser treatments, capable of eliminating marks associated with acne, and other more common procedures that require the supervision of a dermatologist.

Facial rejuvenation lasers

During the 52nd Congress of the AEDV, experts such as **Dr. Jorge Soto**, coordinator of the AEDV Spanish Cosmetic and Therapeutic Dermatology Group, presented the advantages and functioning of facial rejuvenation lasers. Specifically, the expert highlighted the CO2 laser and its two subtypes: ablative, which acts on the whole skin surface, and fractional, which only affects a portion of the skin.

The CO2 laser acts on the water in facial skin. As Dr. Soto explained, "laser is a light with a specific wavelength that selectively acts on the structures that contain water. The water is located, above all, in the epidermis, and the laser partially or completely eliminates it, depending on the type of laser chosen. In addition, he noted that the laser light, in contact with the water in the skin, is transformed into heat and stimulates the fibroblasts (a type of cell that contributes to the formation of connective tissue) to produce collagen, "which is what most improves the skin".

Laser techniques and the rest of the procedures in aesthetic dermatology are increasingly in demand among patients, for both aesthetic and health reasons. Among the aesthetic reasons, Dr. Martorell highlighted the improvements to appearance and self-esteem, as well as the desire to combat the signs of ageing.

With regard to facial rejuvenation laser, the procedure helps improve wrinkles and the skin texture, as well as removing marks. In addition, as Dr. Soto stated, "all the changes that occur due to the passing of time and exposure to the sun are significantly improved with this type of laser".

Corrections to functional anomalies and physical discomfort

Besides aesthetic changes, the field of aesthetic dermatology offers procedures to correct congenital or acquired abnormalities that affect function or cause physical discomfort. Furthermore, as Dr. Martorell pointed out, they include reconstructive surgery for patients who have suffered disease or injury. Similarly, "aesthetic dermatological surgery can contribute to improving a patient's psychological well-being". In this regard, Dr. Soto commented that rejuvenation lasers reduce the risk of patients having skin cancer as a result of exposure to the sun, "especially cutaneous squamous-cell carcinoma".

However, rejuvenation lasers have limitations and contraindications, so they should only be used by specialists who are familiar with them and will avoid their use in these situations. Firstly, this laser is not effective against flaccidity. In Dr. Soto's words, "the laser acts on the surface of the skin to improve wrinkles, scars or marks, but if the problem is deeper then these lasers won't solve it". Nor is it effective in cases of frontal fibrosing alopecia or a substitute for a healthy lifestyle or topical products applied to the skin, which "maintain results and even improve previously obtained results", he noted.

Skin inflammation, a risk caused by excessive exposure to the sun

According to **Dr. Vicent Alonso**, coordinator of the AEDV Spanish Aesthetic and Therapeutic Dermatology Group (GEDET), the current trend in aesthetic dermatology

aims to personalise treatment and provide natural results. Consequently, priority is given to procedures that are less invasive and adapted to each patient's needs. An example of this is the personalised approach to skin inflammation, caused by excessive exposure to the sun and ultraviolet (UV) rays. This can trigger inflammatory and oxidative processes, and alterations to cell DNA, favouring premature ageing and certain skin diseases.

He further explained that radiation can cause flare-ups of inflammatory diseases such as rosacea and, in some cases, contribute to the development of skin cancer. According to the expert, "visible and infrared light can also have cumulative effects on sensitive skins or pre-existing inflammatory diseases, although to a lesser extent".

With regard to the approach to patients with skin inflammation, Dr. Alonso highlighted the various therapeutic strategies, including the use of topical treatments, such as anti-inflammatory corticosteroids, calcineurin inhibitors, antioxidants and advanced emollients. Thanks to these, the specialist noted, it is possible to "reduce inflammation, restore the skin's barrier function and soothe the symptoms".

Other tools available are the application of broad-spectrum sunscreen, essential to preventing the exacerbation of light-induced inflammatory processes, as well as systemic treatments. In the latter case, according to Dr. Alonso, "we are talking about immunomodulators, antihistamines and biological therapies, indicated in cases of chronic or more severe diseases".

Finally, the specialist highlighted the role of dermatological technology, such as intense pulsed light (IPL), vascular laser and photodynamic therapy. "Their use helps modulate inflammation in various inflammatory skin diseases, including rosacea, certain types of dermatitis and the sequelae of inflammation on the skin", Dr. Alonso stressed.

About AEDV

The Spanish Academy of Dermatology and Venereology (AEDV), an organisation founded 100 years ago, provides a meeting point for Spanish dermatologists, almost all of whom are members (97%). The AEDV aims to promote the study of the skin and its diseases to the benefit of patients.

Visit the website of the 52nd Congress of the AEDV at [this link](#)

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