



Intro to PostOp-Induration

Internal Use only: Course Code TU-WRK-123

Prerequisite:

None

Description

This comprehensive course provides in-depth training for professionals seeking to excel in the specialized field of post-operative care following body altering aesthetic procedures. Through a blend of theoretical knowledge and practical application, participants will gain expertise in anatomy, physiology, therapeutic techniques, and business management. This curriculum covers essential topics from industry history and regulatory compliance to advanced bodywork techniques, wound care, and client positioning. Participants will learn to develop personalized treatment protocols, manage potential complications, and build a successful practice. Upon completion, graduates will possess the skills and knowledge necessary to provide exceptional post-operative care, optimize client outcomes, and navigate the complexities of this evolving industry.

Attendees will navigate the truths and myths surrounding bioengineering, ensuring a clear understanding of how to protect trauma remodeling skin and promote superficial and basic wound care within the context of compression therapy. This course will meticulously guide practitioners in identifying and managing complications, client contraindications, and organ health considerations while employing techniques.

A deep dive into mmHG levels and their application across varying positive and negative compression intensities will provide attendees with a comprehensive understanding of kinetic gradients, aiding in tailored therapeutic approaches for individual client needs.

Class Location:	online/SCT
Class Duration:	55 Hours
Body Altering Aesthetics CEUs:	55 CEUs

Instructor Information

Varies | office hours: M, W 3p-5p | email: ptmstudios@gmail.com

Technology Required

None

Course Syllabus

CSL Therapy: Comprehensive Post-Operative Care Curriculum

Section 1: Industry Foundations

- Industry History: Tracing the evolution of body altering aesthetics.
- Current Status of the Industry: A global perspective on trends and practices in America and internationally.
- Surgery Centers vs. Private Practices: Understanding the differences and implications for post-operative care.

Section 2: Surgical and Physiological Principles

- Phases of Plastic Surgery: A detailed overview of the surgical process.
- Post-op Anatomy and Physiology:
 - The Skin: Structure and healing.
 - Adipose Tissue: Understanding fat distribution and manipulation.
 - Fluid Dynamics: Managing post-surgical edema.
 - The Torso: Anatomical considerations for post-operative care.
 - Lymphatic System Overview: Function and importance in post-operative recovery.
- Physical Responses to Injury and Soft Tissue Healing: The body's natural healing processes.
- Directional Terms: Medical terminology for accurate communication.

Section 3: Post-Operative Care Essentials

- What is Post-op? What it Isn't: Defining the scope of post-operative care.
- Contraindications: Identifying conditions that preclude treatment.
- Complications: Recognizing and managing potential complications.
- The WOO (Wound Observation and Optimization): Best practices for wound care.
- Fajas & Accessories: Proper use and application.
- Client Positionings (Based on Procedures): Safe and effective positioning techniques.
- Therapist Positioning & Body Mechanics: Ergonomics and injury prevention.
- Required Basic Inventory Materials: Essential supplies for post-operative care.
- Machines & Tools: Understanding and utilizing specialized equipment.
- Hygiene and Sanitation Protocols: Pre- and Post-treatments: Maintaining a sterile environment.
- No Touching Post-op Areas: Understanding the importance of this rule.

Section 4: Therapeutic Techniques and Protocols

- Three Types of Aesthetic Modalities: Specialized bodywork techniques for post-operative recovery.
- TOSI™ Triangle & Circles: Proprietary techniques and methodologies.
- TOSI™ Session Flow: The Evaluate, the Hot, the Cold: Structure of a therapeutic session.
- Opening the Nodes: Techniques for lymphatic drainage.
- Hand Techniques and Intention: Developing therapeutic touch.
- Your Trapping Hand: Mastering specific hand movements.
- Technique Tips: Practical advice for effective treatment.
- Creating a Protocol: Developing individualized treatment plans.
- Natural Skin Retraction (Including the Tape Method): Techniques for enhancing skin elasticity.
- Reabsorption: Understanding fluid reabsorption processes.
- Thermal Treatments: Utilizing heat and cold therapies.
- Theory & Varying Sessions: Adapting treatments to individual needs.

Module 5: Professional and Business Development

- Regulation: American Federal Board of CSL Therapy & Body Contouring (AFBCBC): Understanding regulatory requirements.
- SOAP Note: Documentation and record-keeping.
- Psychology of Business: Building client relationships and managing expectations.
- Clinical Decision Making: Ethical and professional considerations.
- Entrepreneur Shop Setup: Establishing a post-operative care practice.
- Vendor List: Identifying reliable suppliers.
- Pricing: Developing a competitive pricing strategy.
- Scheduling: Efficient appointment management.
- Four Marketing & Advertising Campaigns: Strategies for attracting clients.
- Apps: Utilizing technology for business management.
- Insurance: Understanding liability and professional insurance.
- Vocabulary: Medical and industry-specific terminology.

Grading Criteria

Participation during Q&A	20%
Attendance	5%
Coursework & participation	25%
Final Assessment	50%

Class Policies

1. Attendees are expected to join the virtual class on time using Zoom Video Communications.
2. Attendance and participation throughout the entire class is not only encouraged to enhance the learning experience, it is mandatory to receive educational credits.
3. Participants should come prepared with any required materials, notebooks, and questions for the Q&A session.
4. Ensure a stable internet connection and have the necessary technology (computer, webcam, microphone) for seamless participation in the virtual class.
5. The class will run for 12 weeks, and participants are expected to commit to the entire duration for a comprehensive understanding of the content.
6. Certificates of completion will not be awarded until after students have successfully completed the assessments and class evaluations.
7. Participants are encouraged to provide constructive feedback on the course content and delivery to enhance future learning experiences.
8. Assessments and evaluations are to be completed at the end of the course. Information provided during this course is copyright protected and should not be shared with any individuals outside of the enrolled student body.
9. This information may not be reappropriated for purposes other than client application.
10. Maintain a respectful and inclusive environment during class interactions and discussions, fostering a positive learning atmosphere.

Assessment

Students will take a 100 question assessment at the end of their course to demonstrate an understanding of concepts and competencies.

Evaluation

At the end of the course, students will complete an end-course evaluation of the class as well as the instructor. CEUs and certificates will be given after students complete both assessments and evaluations.

Materials Provided

Course Book to accompany class

Additional Resources

- Students are to bring a pen and paper for notetaking