

AESTHETIC NURSING COURSE PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. What is considered the most severe complication of laser therapy?**
 - A. Scarring
 - B. Blister
 - C. Hyperpigmentation
 - D. Hypopigmentation

- 2. Which filter is used to remove redness in this procedure?**
 - A. 560, the diffuse light
 - B. 755, the infrared
 - C. 420, the blue light
 - D. 695, the red light

- 3. If you are injecting botox in the armpits, how many CCs of NS would you reconstitute botox with?**
 - A. 2 cc
 - B. 3 cc
 - C. 4 cc
 - D. 5 cc

- 4. What are the benefits for using botox for TMJ?**
 - A. Helps with clenching teeth, may also help with headaches.
 - B. Reduces chin dimples.
 - C. Improves skin tone.
 - D. Eliminates TMJ pain permanently.

- 5. Which description best matches the consistency of Voluma?**
 - A. Smooth cream
 - B. Gel
 - C. Butter
 - D. Peanut butter

- 6. Kybella is indicated for treating fat under the chin. Which term describes this area?**
- A. Submental fold (double chin)
 - B. Jawline contour
 - C. Neck muscles
 - D. Chin skin
- 7. What would you recommend patients use for pain when injecting their armpits?**
- A. Pronox and Lidocaine Cream.
 - B. Oral acetaminophen.
 - C. Ibuprofen only.
 - D. No analgesia.
- 8. Dermablading is recommended 7 days after which procedures?**
- A. Laser resurfacing or a peel
 - B. Chemical peel only
 - C. Microdermabrasion only
 - D. Botox injections
- 9. Salt picking is a technique used to remove which type of tattoo?**
- A. White tattoos
 - B. Black tattoos
 - C. Blue tattoos
 - D. Red tattoos
- 10. What should you avoid during swelling from KYBELLA?**
- A. Hydration and rest
 - B. Compression and massage
 - C. Heat therapy and caffeine
 - D. Ice and Mortrin

Answers

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1. A
2. A
3. D
4. A
5. D
6. A
7. A
8. A
9. A
10. D

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Explanations

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1. What is considered the most severe complication of laser therapy?

- A. Scarring**
- B. Blister
- C. Hyperpigmentation
- D. Hypopigmentation

In laser therapy, the seriousness of a complication is determined by how permanent and structurally altering it is. Scarring is the most severe because once a scar forms, it permanently changes the skin's texture and appearance and may require additional procedures to minimize, with potential functional or cosmetic implications. Blisters are typically a temporary surface reaction that heals with proper care and rarely leaves lasting damage. Pigment changes, like hyperpigmentation or hypopigmentation, reflect melanocyte injury and can be persistent, especially in darker skin types, but they don't usually alter the skin's architecture in the way a scar does. So, while other complications can be uncomfortable or cosmetically concerning, scarring represents a permanent, irreversible alteration in skin structure, making it the most serious outcome.

2. Which filter is used to remove redness in this procedure?

- A. 560, the diffuse light**
- B. 755, the infrared
- C. 420, the blue light
- D. 695, the red light

Target redness by selecting a wavelength that specifically interacts with superficial blood vessels. Hemoglobin absorbs light most effectively in the yellow-green range around 560 nm. Using a 560 nm diffuse light filter delivers energy to the superficial vasculature, helping to calm and reduce visible redness without concentrating energy in one spot. The diffuse design also promotes even treatment across the area, lowering the risk of hotspots that could exacerbate redness. Other options don't target superficial vessels as effectively: infrared at 755 nm penetrates deeper and is used for deeper tissue heating; blue light at 420 nm targets bacteria rather than vessels; red light at 695 nm supports collagen and healing and isn't focused on reducing superficial erythema.

3. If you are injecting botox in the armpits, how many CCs of NS would you reconstitute botox with?

- A. 2 cc
- B. 3 cc
- C. 4 cc
- D. 5 cc**

Reconstitution volume changes the concentration of Botox, not the total units provided. For axillary hyperhidrosis, the practical plan is to deliver about 50 units to each armpit through many small injections. If you reconstitute 100 units in 5 mL of saline, the concentration is 20 units per milliliter. Injecting 0.1 mL per site gives about 2 units at each site. Delivering around 25 such injections (0.1 mL each) reaches roughly 50 units for one axilla. This pattern—many small injections across the armpit with a total of about 50 units—is why using 5 mL of saline is a common and effective choice.

4. What are the benefits for using botox for TMJ?

- A. Helps with clenching teeth, may also help with headaches.
- B. Reduces chin dimples.
- C. Improves skin tone.
- D. Eliminates TMJ pain permanently.

Botox helps TMJ primarily by targeting the muscle activity that drives clenching and grinding. When the jaw-closing muscles (like the masseter and temporalis) are relaxed, teeth clenching decreases, which reduces the strain on the temporomandibular joint and can lessen associated muscle pain and tension headaches. This makes reduced clenching and potential headache relief the main benefits for TMJ treatment with Botox. It's important to note that this is not a permanent cure—effects fade in a few months, so repeat treatments are often needed. The other statements aren't aligned with TMJ treatment goals: chin dimples and general skin tone aren't the intended outcomes of this approach, and it does not permanently eliminate TMJ pain.

5. Which description best matches the consistency of Voluma?

- A. Smooth cream
- B. Gel
- C. Butter
- D. Peanut butter

Voluma's consistency is best understood as a dense, cohesive paste that holds its shape in tissue. That kind of thick, putty-like texture provides noticeable lift and projection when placed in the deeper layers, and it tends to stay where it's placed rather than flowing away. Describing it as peanut butter captures this idea: it's substantial and cohesive, yet still workable for sculpting. A smooth cream would spread too easily and lack the needed bulk; a lighter gel would be less able to maintain structure; butter is softer and would not retain form as well. So the peanut butter analogy aligns with Voluma's thick, cohesive nature that supports volume and contour.

6. Kybella is indicated for treating fat under the chin. Which term describes this area?

- A. Submental fold (double chin)
- B. Jawline contour
- C. Neck muscles
- D. Chin skin

The area under the chin where fat tends to accumulate is the submental region. When fullness is present, it's often described as a submental fold, commonly known as a double chin. Kybella targets the fat in this submental area to improve the contour beneath the chin. Jawline contour refers to the overall edge and shape of the jaw, influenced by bone, muscle, and fat but not specifically the fat under the chin. Neck muscles describe the underlying muscles in the neck, not the fat pad being treated. Chin skin denotes the surface skin over the chin, not the fat beneath it. So the precise term for the treated area is submental fold.

7. What would you recommend patients use for pain when injecting their armpits?

A. Pronox and Lidocaine Cream.

B. Oral acetaminophen.

C. Ibuprofen only.

D. No analgesia.

Pain control for a brief armpit injection works best with a combination approach: numb the skin and provide gentle, controllable analgesia during the procedure. A topical lidocaine cream numbs the surface of the skin where the needle will enter, reducing the nerve signals of the needle prick. Pronox offers rapid, titratable relief of pain and anxiety as the injection is performed. Together, they address both the local sensation from the skin and the overall perception of pain, making the experience more comfortable for the patient. Systemic analgesics like acetaminophen or ibuprofen don't provide immediate skin numbness or rapid procedural pain relief, and doing the procedure with no analgesia would be unnecessarily painful. Using Pronox alone won't numb the skin, and lidocaine cream alone may not cover the immediate discomfort throughout the injection. This combination thus provides the most effective and comfortable approach when performing a quick armpit injection, with appropriate safety monitoring and patient assessment.

8. Dermablading is recommended 7 days after which procedures?

A. Laser resurfacing or a peel

B. Chemical peel only

C. Microdermabrasion only

D. Botox injections

Dermablading should be timed with the skin's healing after procedures that disrupt the outer barrier. When the epidermis has been lifted or damaged by laser resurfacing or a chemical peel, the surface needs time to re-epithelialize and settle. Waiting about seven days provides a safer window for dermablading to be performed without increasing the risk of irritation, infection, or post-inflammatory changes. Botox injections don't affect the skin's surface barrier, and microdermabrasion is less invasive, so the specific seven-day rule is most relevant after procedures that actively disrupt the epidermis, namely laser resurfacing or a chemical peel.

9. Salt picking is a technique used to remove which type of tattoo?

A. White tattoos

B. Black tattoos

C. Blue tattoos

D. Red tattoos

Salt picking relies on physically lifting and removing the superficial pigment rather than breaking it down with light. White tattoo ink, often made with titanium dioxide, tends to sit very close to the surface of the skin and reflects light rather than absorbing it, so laser methods are less effective at removing it. By applying a salty paste and using controlled abrasion, the technique creates a micro-wound and draws the surface ink to the top, where it can be expelled as the skin heals. This makes white tattoos more amenable to this approach than other colors, which respond better to laser treatment because they absorb light energy more readily. Safety considerations are important, as this method can carry risks of scarring or infection if not done properly.

10. What should you avoid during swelling from KYBELLA?

- A. Hydration and rest
- B. Compression and massage
- C. Heat therapy and caffeine
- D. Ice and Mortrin**

Swelling after KYBELLA is a normal part of the healing process, but you want to avoid anything that could worsen inflammation or increase bruising. Mortrin is an NSAID, and NSAIDs can interfere with platelet function and heighten bleeding tendencies. That means more bruising and additional swelling, which can prolong recovery in the treated area. Ice might seem helpful for swelling, but the guidance here suggests avoiding it because prolonged cold exposure on the chin can irritate the skin or obscure how the swelling is resolving, especially while numbness or sensitivity may still be present. In short, skip NSAIDs like Motrin and avoid ice during the swelling phase unless your clinician specifically instructs otherwise. Follow your provider's aftercare plan for the best outcome.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://aestheticnursing.examzify.com>

We wish you the very best on your exam journey. You've got this!

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