

# Laser Technician (International Board of Electrologist Certification) IBEC Board Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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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. Acanthosis nigricans is associated with which conditions?**
  - A. Hyperthyroidism**
  - B. Diabetes and obesity**
  - C. Psoriasis and eczema**
  - D. Allergic reactions**
  
- 2. What is the function of a step down transformer?**
  - A. It increases the voltage of the current.**
  - B. It maintains constant voltage throughout the circuit.**
  - C. It decreases the voltage and increases current flow.**
  - D. It converts AC to DC voltage.**
  
- 3. What is the appropriate sterilization method for unpackaged instruments?**
  - A. 30 minutes at 250°F and 15 PSI**
  - B. 15 minutes at 250°F and 15 PSI**
  - C. 1 hour at 340°F**
  - D. 2 hours at 320°F**
  
- 4. In what condition should eye shields be replaced?**
  - A. Every month**
  - B. When showing signs of wear and tear**
  - C. If not used frequently**
  - D. Every six months**
  
- 5. Which factor can change the classification of body hair from vellus to terminal?**
  - A. Age**
  - B. Hormonal changes**
  - C. Diet**
  - D. Genetics**

- 6. In the blend modality, how does high frequency (HF) impact galvanic performance?**
- A. Decreases lye production**
  - B. Increases pain during treatment**
  - C. Makes lye more effective in destroying tissue**
  - D. Reduces tissue porosity**
- 7. What is the recommended time to wait before electrolysis treatment after dermabrasion?**
- A. 1 month**
  - B. 1 week**
  - C. 3 months**
  - D. 2 weeks**
- 8. What factor can increase the production of a lie in a "no constant current" machine?**
- A. The temperature in the follicle.**
  - B. The presence of more moisture.**
  - C. The amount of energy supplied.**
  - D. The volume of hair in the follicle.**
- 9. Which system controls voluntary activities in the body?**
- A. Central nervous system**
  - B. Peripheral nervous system**
  - C. Cerebrospinal system**
  - D. Endocrine system**
- 10. What function do apocrine glands serve in the human body?**
- A. Heat regulation**
  - B. Contributes to body odor**
  - C. Mechanical support**
  - D. Temperature sensing**

## Answers

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

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## **Explanations**

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## 1. Acanthosis nigricans is associated with which conditions?

- A. Hyperthyroidism
- B. Diabetes and obesity**
- C. Psoriasis and eczema
- D. Allergic reactions

Acanthosis nigricans is a skin condition characterized by dark, velvety patches that typically appear in body folds and creases, such as the neck, armpits, and groin. It is most commonly associated with conditions that involve insulin resistance, such as diabetes and obesity. In these instances, the excess insulin signals keratinocytes and fibroblasts to increase their proliferation, leading to the thickened, darkened skin often seen in acanthosis nigricans. This association is particularly evident in individuals with type 2 diabetes, where elevated insulin levels contribute to the development of this condition. Obesity is another significant risk factor, as increased adipose tissue can lead to higher insulin resistance, further exacerbating the likelihood of developing acanthosis nigricans. The other options listed, while they refer to various skin disorders and conditions, do not have the same strong connection with acanthosis nigricans as diabetes and obesity do. Hyperthyroidism, psoriasis, eczema, and allergic reactions do not directly link with the underlying mechanism that leads to the thickening and darkening of skin seen in acanthosis nigricans.

## 2. What is the function of a step down transformer?

- A. It increases the voltage of the current.
- B. It maintains constant voltage throughout the circuit.
- C. It decreases the voltage and increases current flow.**
- D. It converts AC to DC voltage.

A step-down transformer is designed to decrease the voltage while increasing the current in an electrical circuit. This is based on the principle of conservation of energy, where the power input (voltage multiplied by current) must equal the power output, minus any losses. In a step-down transformer, the primary winding receives high voltage from the power source, and through the transformer's magnetic fields and winding ratios, this high voltage is converted into lower voltage across the secondary winding. As the voltage is reduced, the current is increased proportionately. This characteristic is crucial in various applications, especially in settings where low voltage is needed for safety and efficiency, such as in certain medical and cosmetic laser equipment where the technician must ensure safety measures. The other options describe functions that do not align with the purpose of a step-down transformer. For example, the transformer does not increase voltage, maintain constant voltage, or convert AC to DC; those processes are handled by different types of electrical devices. Understanding this specific function of a step-down transformer is vital for safely and effectively managing electrical equipment in the field of laser technology.

**3. What is the appropriate sterilization method for unpackaged instruments?**

- A. 30 minutes at 250°F and 15 PSI
- B. 15 minutes at 250°F and 15 PSI**
- C. 1 hour at 340°F
- D. 2 hours at 320°F

The appropriate sterilization method for unpackaged instruments is a critical aspect of maintaining a safe and hygienic environment in any facility utilizing such tools. The correct choice involves using steam sterilization, specifically under conditions of 15 minutes at 250°F and 15 PSI. This method is effective for sterilizing unpackaged instruments because it utilizes moist heat, which penetrates the surfaces and ensures that microorganisms are effectively killed during the process. Steam sterilization at this temperature and pressure has been established as a benchmark for ensuring the complete eradication of bacteria, viruses, and spores, achieving a high level of sterility assurance and meeting standards set by various health and safety organizations. Higher temperatures or longer times, as indicated in the other choices, may be effective but are not necessary for unpackaged instruments. Utilizing such extremes unnecessarily can lead to damage or degradation of the instruments. Therefore, using the established parameters—15 minutes at 250°F and 15 PSI—provides an optimal balance between effective sterilization and instrument preservation.

**4. In what condition should eye shields be replaced?**

- A. Every month
- B. When showing signs of wear and tear**
- C. If not used frequently
- D. Every six months

Eye shields should be replaced when showing signs of wear and tear because maintaining the integrity and effectiveness of protective equipment is crucial in ensuring patient safety during laser procedures. Over time, eye shields can become scratched, warped, or damaged, which can compromise their protective capabilities. It's important to regularly assess the condition of the eye shields; if they exhibit any wear or damage, they should be replaced immediately to ensure that they continue to provide adequate protection against potential harm from laser exposure. Regular visual inspections help determine the condition of the eye shields, and prompt replacement in case of any degradation ensures that operators and patients are protected from risks associated with laser treatments. This practice aligns with safety protocols and standards in the field of laser technology, prioritizing health and safety at all times.

**5. Which factor can change the classification of body hair from vellus to terminal?**

**A. Age**

**B. Hormonal changes**

**C. Diet**

**D. Genetics**

Hormonal changes play a significant role in the transition of body hair classification from vellus to terminal hair. Vellus hair is fine, short, and lightly pigmented, often referred to as "peach fuzz," while terminal hair is thicker, longer, and more pigmented, typically found on the scalp, in the beard area, and in the underarm and pubic regions. During puberty, hormonal changes, particularly increases in androgens like testosterone, stimulate the hair follicles to transition from vellus to terminal hair in certain areas of the body. This process is influenced by the hair follicle's sensitivity to these hormones. In adult life, hormonal fluctuations such as those occurring during pregnancy or hormonal therapies can also lead to changes in hair classification. While age, diet, and genetics can impact hair growth and characteristics, they do not directly cause the transformation from vellus to terminal hair. Age can influence hair density and thickness over time, diet can affect overall hair health but not fundamentally alter its type, and genetics determines the pattern of hair distribution and growth quality, but hormonal changes are the primary driver of the change from vellus to terminal hair classification.

**6. In the blend modality, how does high frequency (HF) impact galvanic performance?**

**A. Decreases lye production**

**B. Increases pain during treatment**

**C. Makes lye more effective in destroying tissue**

**D. Reduces tissue porosity**

In the blend modality, the combination of high frequency (HF) and galvanic current enhances the overall effectiveness of the lye (sodium hydroxide) produced during the galvanic process. When high frequency is applied, it creates a thermal effect that can increase the permeability of the tissue and facilitate the absorption of lye. This makes the lye more effective in destroying the targeted hair follicles by breaking down the protein structure within them. The addition of high frequency to the galvanic process not only boosts the efficacy of lye but also helps in reducing the time required for treatments. The combination creates a synergistic effect where the heat generated by high frequency aids in the destruction of the hair follicle, while the chemical action of lye continues to work effectively. Therefore, the impact of high frequency in the blend modality is significant in terms of increasing the efficiency of tissue destruction during treatments.

**7. What is the recommended time to wait before electrolysis treatment after dermabrasion?**

- A. 1 month**
- B. 1 week**
- C. 3 months**
- D. 2 weeks**

The recommended time to wait before proceeding with electrolysis after dermabrasion is typically 3 months. This extended waiting period allows the skin to fully heal from the dermabrasion procedure, which is a physical exfoliation treatment that can remove several layers of skin. By waiting for this duration, you minimize the risk of complications such as irritation, inflammation, or infection that can arise from performing electrolysis on skin that has not yet fully recovered. The skin requires time to regenerate and stabilize after receiving an abrasive treatment like dermabrasion, and waiting 3 months ensures that the skin barrier has returned to a healthy state, making it more resilient to subsequent cosmetic procedures. This approach promotes patient safety and optimal outcomes in both treatments.

**8. What factor can increase the production of a lie in a "no constant current" machine?**

- A. The temperature in the follicle.**
- B. The presence of more moisture.**
- C. The amount of energy supplied.**
- D. The volume of hair in the follicle.**

The correct answer is that the presence of more moisture can indeed increase the production of a lie in a "no constant current" machine. In the context of electrolysis and laser hair removal, moisture plays a critical role in conductivity. When there is increased moisture in the follicle, it enhances the ability of electrical energy to flow through the area, which can lead to increased ionization within the follicle. This enhanced conductivity allows for more effective energy transfer, potentially resulting in a more robust physiological response. In contrast, options discussing temperature or hair volume do not directly correlate to the increase in production of a lie in the same manner. While temperature can affect the resistance and overall dynamics within the follicle, it does not necessarily lead to the same significant impact on lie production as moisture content. The volume of hair in the follicle may influence various aspects of treatment but is not a direct factor in the context of moisture and its effect on conductivity and energy transfer in a "no constant current" system.

**9. Which system controls voluntary activities in the body?**

- A. Central nervous system**
- B. Peripheral nervous system**
- C. Cerebrospinal system**
- D. Endocrine system**

Voluntary actions are directed by the brain and spinal cord, which form the central nervous system. It acts as the command center, interpreting sensory information and planning movements. Once a decision is made, signals travel down pathways in the CNS and out through peripheral nerves to the muscles, where the action is carried out. So the CNS is the control hub that initiates and coordinates purposeful movement. The peripheral nervous system simply carries those commands to the muscles, the endocrine system influences body activity via hormones rather than direct, immediate movement, and the term cerebrospinal system isn't a standard anatomical division.

**10. What function do apocrine glands serve in the human body?**

- A. Heat regulation**
- B. Contributes to body odor**
- C. Mechanical support**
- D. Temperature sensing**

Apocrine glands play a significant role in contributing to body odor. These glands are primarily found in specific areas of the body, such as the armpits and groin, and become active during puberty. They secrete a thick, milky fluid that comprises proteins, lipids, and other substances. When this secreted sweat comes into contact with skin bacteria, it gets metabolized by these microorganisms, resulting in the production of various odoriferous compounds. This process is why apocrine glands are closely associated with body odor, making their function critical to understanding human physiology and hygiene. The other functions within the options provided are not typical roles for apocrine glands. For instance, heat regulation is primarily performed by eccrine glands, which release a more watery type of sweat directly onto the skin surface. Mechanical support and temperature sensing are not relevant to the functions of apocrine glands, instead involving different body systems and structures. Thus, the contribution to body odor is indeed the defining characteristic of apocrine gland function in the human body.

## 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](mailto:hello@examzify.com).**

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

**<https://ibec-lasertechnician.examzify.com>**

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

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