Microneedling is used to rejuvenate the skin and improve the skin surface by reducing fine lines, expression lines, wrinkles, enlarged pores, and acne scars. The concept of Micro Needling is based on the skin’s natural ability to repair itself whenever it encounters physical injury such as cuts, burns and other abrasions. As the Micro Needling device moves across the skin, it makes pinpoint punctures to create very minor micro “injuries.” In response to the perceived “injury,” a cascade of growth factors is released, which in turn triggers new collagen synthesis. This process has two major benefits - it effectively stimulates collagen formation and provides a clear channel for topical serums to be absorbed through the surface of the skin. By persistently triggering this healing process with a series of Micro Needling treatments, the body keeps repairing the skin incrementally and cumulatively to offer a result similar to fractional laser treatments or medical grade chemical peels, but without the side effects and extended downtime. The result is smoother, firmer and younger looking skin. Once the desired result has been achieved, it is important to maintain collagen stimulation by returning for quarterly maintenance treatments. While most commonly used on the face, Micro Needling can also be used to restore and regenerate the skin on the neck, chest, and hands. Micro Needling is safe for all colors of skin and all types of skin. When doing Micro Needling for acne scars, pore size and anti-aging we recommend 5-8 sessions, each about 4 weeks apart. In the case of surgical scars and stretch marks on the body, usually 8-10 sessions, each 5-6 weeks apart are recommended.

Procedure:

Micro Needling is performed in a safe and precise manner with the use of a sterile, disposable tip that allows effective treatment to hard-to-reach places (e.g. around the eyes, nose, and lips). The basic Micro Needling treatment includes the application of healing gels and serums during the procedure. New healthy skin appears about 4 weeks after treatment and continues to generate collagen for up to 4-6 months.

Discomfort & Risks:

The sensation of Micro Needling is described as a stinging sensation, particularly in areas of bony prominence and where the skin is thinner such as the forehead and around the eyes. In terms of Micro needling I’m not going very deep. If you’re concerned with it being to uncomfortable, you may choose to apply a numbing cream 30 minute before you are due to arrive for your treatment with a 5% lidocaine cream called Numb Master, which can be purchased on Amazon. Immediately following the procedure the skin could feel tight, dry, swollen, and sensitive to the touch. It’ll also look and feel sunburned. The sensitivity and redness will diminish significantly within 24 hours. Other common short-term side effects include itching, discomfort, and darkening of the treated area. While adverse reactions are extremely rare, there is a possibility of temporary side effects including but not limited to: infection, scarring, skin and tissue necrosis, herpes simplex outbreak, hyperpigmentation (darkening of the skin), and hypopigmentation (lightening of the skin). Darkening or lightening of the skin usually fades within 6 months, but in rare cases, could be permanent. This reaction is more common in patients who are tan or who have darker skin tones. It can result or worsen when treated areas are exposed to the sun too soon following treatment. This risk can be minimized by avoiding sun exposure for 4 weeks before and after treatment and by adhering to pre and post treatment instructions.
Pre-Treatment

- You will be asked to discontinue use of Retin A, Retinols, Vitamin A creams and other topic medications for 3-5 days before your micro needling treatment.
- If you are a sunbather, or frequent the tanning salon, it is important to stay out of the sun (artificial or not) for a minimum of 72 hours prior to your service.
- Discontinue all use of antibiotics 2 weeks prior service.
- Avoid microdermabrasion, other chemical peeling services 2 weeks prior to your service.
- Avoid waxing 72 hours prior to service.
- It’s recommended to have Microneedling 2 weeks after Botox and 4 weeks if you’ve had fillers.

Post-Treatment

- No sunscreen OR makeup for 12 hours following treatment.
- 12-72 hours post-treatment mineral makeup can be applied, but continue to use the Post Procedure kit or a gentle cleanser, hyaluronic acid serum, and physical sunblock with an SPF of 25 or higher.
- After 48 to 72 hours following treatment client can return to regular skin care regimen. Retinol products are strongly suggested to use for optimal results.
- Avoid alcohol-based toners for 10-14 days as well as excessive sun exposure for 10 days.*

What to Avoid

To ensure the proper healing environment, be certain to observe the following:
- For at least 48 hours post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula) or anything perceived as ‘active’ skincare.
- Avoid intentional and direct sunlight for 24 hours. No tanning beds.
- Do not go swimming for at least 24 hours post-treatment.
- No exercising or strenuous activity for the first 24 hours post-treatment. Sweating and gym environments are harmful, rife with bacteria, and may cause adverse reactions.

The following are contraindications

- Accutane within 6 months
- Cardiac abnormalities
- Blood clotting problems
- Platelet abnormalities
- Anticoagulation therapy (i.e.: Warfarin)
- Facial cancer, past and present
- Chemotherapy
- Steroid therapy
- Dermatological diseases affecting the face (i.e. Porphyria)
- Diabetes and other chronic conditions
- Immune System Disorders that affect the skin