WHAT IS SKIN NEEDLING?

Skin Needling, also known as Collagen Induction Therapy or Facial Mesotherapy, using a dermal roller is an exciting skin treatment. The Skin Rollers have been designed to provide scientifically proven results for the treatment and management of such conditions including, but not limited to:

- CIT (Collagen Induction Therapy)
- Pharmaceutical Or Cosmetic Product Infusion
- Anti-Ageing & Wrinkles
- Pigmentation & Sun Damage
- Acne, Pimples, Blackheads
- Scarring
- Enlarged Pores & Seborexia
- Stretch Marks
- Hair Loss & Thinning Hair

HOW DOES SKIN NEEDLING WORK?

Skin Needling and Facial Mesotherapy is most easily performed using a Skin Roller. The Skin Roller causes multiple tiny pin point puncture wounds to the dermis.

This dermal damage induces the release of growth factors that stimulate the production of new collagen and elastin. New collagen production is the object of ALL skin resurfacing and rejuvenation treatments.

Skin Needling creates dermal damage without the removal of the healthy epidermis, which happens with other resurfacing techniques including lasers.

Because the epidermis is left intact, the healing period is rapid. The skin does not risk permanent structural damage, sun sensitivity, skin colour loss or hyperpigmentation.

Micro-needling or skin needling is a form of Collagen Induction Therapy to smooth wrinkles, improve depressed acne scars as well as reducing the appearance of stretch marks. It’s quickly growing in popularity and is one of the most successful of skin treatments available. As the process gains awareness it is important to understand what micro-needling is as well as consider whether it is suitable for you.

The process for micro-needling is carried out with a roller made up of many miniature needles. The needles pierce the upper layers of skin up to 2 millimeters (depending on the needle used). This process has two major benefits. It successfully stimulates collagen formation as well as providing a clear topical channel for creams and gels to be effectively absorbed through the topmost layer (epidermis) of skin. Micro-Needling creates a very minor trauma which lasts for a short period of time and does not result in bruising or swelling in the treated area.

The small puncture wound stimulates collagen production in the dermis layer as it breaks some of the blood vessels directly below the surface of the skin. As the blood clots, it creates the right environment for collagen and elastin formation. These vital ingredients assist the skin appearing rejuvenated.

Although this sounds drastic, the process happens on a microscopic level and the outward appearance of trauma is negligible. Clinical use of skin needling involves the use of numbing agents on the skin, so that the treatment can be carried vigorously with minimal discomfort.

Micro-needling is a great choice for people who haven’t had success with any other type of treatment before or those who wish to achieve success without the hugely inflated costs at the cosmetic clinics.

WHAT AREAS OF THE SKIN CAN BE TREATED?

Skin Needling can treat sensitive areas that other treatments have to avoid, such as below the eyes, the neck and the back of hands. Excellent for Fine lines and Wrinkles, especially once under the eyes. Acne scars, appearance is markedly reduced. Softening of stretch marks, surgical scars and chicken pox scars.

HOW OFTEN?
The procedure needs to be repeated every 8-12 wks and can be combined with IPL or other procedures recommended by specialists

AM I SUITABLE FOR THIS TREATMENT?

Not if you have: Active Acne, Eczema, Psoriasis.
**WHICH SKIN ROLLER FOR EACH APPLICATION**

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**MAINTENANCE**

Also bear in mind that the use of skin creams or oil products are greatly boosted by using a Skin Roller as the absorption rate of the skin is raised considerably through the channels which are created by skin needleling through the epidermis. We are offering a "HOME DERMAROLER" to maintain your skin at home.

**IS IT PAINFUL?**

Absolutely not! A topical anesthetic ream is applied before the procedure to minimize any potential discomfort.

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**HEALING - RECOVERY TIME?**

The skin is red and slightly puffy for one to two days with a light grazing over the treated area appearing on day two. Most patients are able to return to work and normal activities within 24-48 hours of treatment.

Multiple treatments are usually necessary to achieve significant improvement in the appearance and depth of lines and scars. Treatment effects are cumulative and will usually be seen within 6-8 weeks of each treatment.

It is a very short recovery in comparison to prolonged recovery time from laser resurfacing and chemical peels.

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**ADVANTAGES:**

- Treatment can be performed on all skin types (white to dark skin)
- Minimal downtime
- Cost effective compared to treatments such as Fraxel or other lasers
- There is no damage to the skin
- It can be used on thin or thick skin successfully
- Less discomfort while having treatment done
- Outstanding results

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**BEFORE & AFTER CARE INSTRUCTIONS**

**Skin Needling Before Care**

- Using an AHA product or other ‘peel’ for 2 weeks prior to your Skin Needling procedure will help to soften and exfoliate the epidermis, which will help make your procedures more effective.
- Receiving a peel or Microdermabrasion from a professional esthetician prior to post each Skin Needling procedure will help your body’s natural collagen reproduction.
- If you are planning to receive Botox, make sure that you give yourself at least 2 weeks post Botox injections before receiving your Skin Needling procedure. You can have Botox injected immediately post Skin Needling if you desire.
- If you are taking a blood thinner, aspirin or any other medication that you have the propensity to bleed easily while on, please tell your technician. If you are under a physician’s care and need to discontinue your medication for a few days, always ask your physician prior to each Skin Needling appointment.
- If you bruise easily, you may consider taking Amica pre and post procedure to alleviate bruising and swelling (follow manufacturer’s directions).
- Prior to the Skin Needling procedure a topical numbing agent is applied to the treatment area (unless you are allergic to any ingredients) however some discomfort may be expected.

**Skin Needling After Care**

**What to Expect**

The procedure area will look red and slightly puffy for day or two, occasionally some minor scratches can occur for a few days. This can be covered by makeup. The deeper we penetrate the epidermis or dermis, the redder and longer lasting the scratches will be. Your body’s own natural collagen in the treatment area will start to plump up and will continue to do so for several weeks/months and up to 1 year. Some patients see results within the first week, and others may take several weeks to notice discernible results.

**After Care:**

- Apply Vaseline, Bepanthan, Paw Paw ointment or your favorite healing product (with a cotton swab) 2-3 times a day or as needed to keep the area moist for 72 hours following your treatment. Cleanse face as you normally would. Use your AHA products after your face is totally healed. Using peptides or vitamin C (L-ascorbic acid) may enhance your Skin Needling results. You may apply new mineral makeup after the second day. Use a clean brush and apply to the red areas if needed. Additional Visits: Visits may be scheduled 4-8 weeks after your initial treatment. Some patients see results for 1-24 months and request a touch-up at this time, while others may look good for 5+ years. Depending on how you take care of your skin, this will determine the need for any further treatments.

**Failure to follow the above advice will result in less than desired results. I agree to follow ALL directions.**

**Scar Relaxation After Care**

While the procedure area is healing, (1-4 days), cover it with a loose protective dressing. If we are working on the breasts, DO NOT wear tight bra or binding clothing as the area will not heal properly. Uncover the procedure area while sleeping. It is best to keep the area uncovered as much as possible at all times for good results. If the procedure area is tender, apply an ointment with Lidocaine in it to relieve temporary discomfort. (Always check instructions and for allergies to any product prior to use!) Do not use make-up on unhealed areas, it may create a dark tattooing effect.

**For All Procedures**

The use of waterproof Sun Block (Zinc based 30 SPF) is mandatory after all procedures. Failure to follow the above advice will result in less than desired results. I agree to follow ALL directions.

If you have questions or concerns please phone your clinic,