Microneedling

**Microneedling** is a derma pen procedure that uses small needles to prick the skin. The purpose of treatment is to generate new collagen and skin tissue for smoother, firmer, more toned skin. Serums with hyaluronic acid, vitamins and growth factors are used while microneedling to let the skin absorb the products further in to the skin through the tiny holes to deliver right down were the new skin cells are made. **Microneedling** is mostly used on the face and may treat various scars, wrinkles, and large pores.

What does Micro Needling do for your skin? **Microneedling** is used to treat and improve conditions like acne scarring, fine lines and wrinkles, loose **skin**, **skin** texture, pore size, brown spots, stretch marks, and pigment issues. It's also called **skin needling**, collagen induction therapy (CIT), and percutaneous collagen induction (PCI).

How long does it take to see results from micro needling? The overall microneedling procedure takes **about 30 minutes** to perform, with most patients experiencing slight swelling and redness as side effects. But what many patients want to know is: How long does it take to see results from microneedling? Many patients are surprised to learn that results are almost immediate.

How often should you get Microneedling? It turns the cells into tiny machines of repair without damaging the cell further. **Micro Needling how often** – The frequency of **micro needling** treatments vary with the intensity of the treatment. Mild treatments may be repeated every 2 to 4 weeks. Deep treatments for scars may be repeated every 4 to 6 weeks.

Is Microneedling for acne scars permanent?

While **microneedling** is virtually a “no down time” procedure, a handful of restrictions do apply following treatment. ... After completing **microneedling** sessions, the results are **permanent**. Newly formed collagen smooths the skin and removes traces of **acne scarring**.

Does micro needling tighten skin?

Just a few sessions of **microneedling** will noticeably reduce fine lines, crow's feet, and deep wrinkles on the forehead. For most wrinkles or stretch marks on the body, depending on the severity, you may need 4 to 8 **microneedling** treatments to achieve optimal **skin**-**tightening** results.

Do you peel after Microneedling?

It is normal for the **skin** to **peel after microneedling** treatments within a few days. **Microneedling** creates many tiny punctures on your face, which your body responds to by initiating repair. A new layer of **skin** is produced and the old **skin** begins **peeling** off.

What should I avoid before Microneedling?

**Avoid** aspirin, anti-inflammatory medications (i.e. ibuprofen), blood thinners, herbal supplements, vitamin E and fish oil for at least one week **prior to** and the day of m**icro needling** to minimize bruising risk and maximize platelet function. You may restart these the 3 days following **micro needling**.

Microneedling Contraindications Precautions:

Suspicious Lesions- These must be diagnosed by a practitioner prior to beginning treatment.

Discontinue autoimmune therapies and retinoid products 24 hours prior to beginning treatment.

Do not treat over active acne, rosacea, or other inflammatory conditions.

Do not treat over open wounds.

Do not use the device inside of orbital rim, such as eyelids or inside the vermillion border of the lips. Consider prophylactic treatments for those clients prone to viral breakouts.

Treatments are not to be administered for at least 6 months after the use of Accutane.

Contraindications: Keloid scars. Active eczema. Psoriasis and other chronic conditions. History of actinic or solar keratosis. History of herpes simplex infections. History of diabetes. Presence of raised moles in area to be treated.

 Absolute Contraindications: Scleroderma, collagen or vascular diseases and cardiac abnormalities. Blood clotting conditions. Active bacterial or fungal infections. Immunosuppression. Not recommend for women who are pregnant or nursing.

What are the side effects of Microneedling?

Micro needling side effects are very rare if the treatment is done properly. Microneedling is generally well tolerated but **erythema** may be seen after treatment, **lasting** for 2-3 days. Skin may also feel warm, **tight** and **itchy** for a short while, this normally resolves in 12 – 48 hours.

Can you wear makeup after micro needling?

There is cosmetic downtime associated with this procedure, and the duration depends on the type of treatment and your skin's own tolerance. Typically **you will** experience redness and mild swelling for 24-48 hours **after** the treatment, followed by some slight peeling. **You** may **wear makeup** again **after** 24 hours.

What should I put on my face after Microneedling?

**POST-TREATMENT INSTRUCTIONS**

1. If your skin is sensitive after the treatment you can apply hydrocortisone cream, aloe, and take Advil for discomfort.
2. Use a gentle cleanser, moisturizer and sun block for 48 hours after your treatment.
3. Do not use corrective or exfoliating products for those first 48 hours.