



## Patient Information: Microneedling (Skin needling)

Skin needling, is a skin rejuvenation procedure that stimulates collagen, elastin and enhances the clarity and texture of skin. It is a safe, inexpensive and useful for a myriad of skin conditions such as fine lines, congestion, superficial acne scarring and general skin rejuvenation.

It is suitable for the delicate areas around the eyelids, lip and décolletage. It is also ideal for clients with darker skin types as there is a low risk of scarring. It can be done any time of the year and has limited downtime of 2-3 days.

### Pre- Treatment advice

- Avoid sun exposure to the face for 2 weeks before/after a treatment
- No retinol/Retin-A for 12 hours prior to your treatment.
- If you suffer frequent cold sores in the treatment area- contact us about using prophylactic anti- viral treatment.

### On the day of the treatment

- If you have active severe acne, sores on the face or a cold sore, please call to postpone your treatment.
- Please arrive 30 minutes before your planned treatment with clean, makeup free skin, so we can apply a topical anaesthetic to the skin before your treatment.
- At times clients experience mild discomfort especially on the bony areas of the face. Depending on the condition being treated, we will use deeper depth for scarring and collagen induction.
- **Your skin will feel red and swollen.** There may be pinpoint areas of bleeding. This is normal and will heal over 2-3 days



### Post treatment advice

- Use sunscreen daily and stay out of the sun. Be more vigilant for the first 2 weeks post treatment.
- Use post care kit, or bland skin care until your skin returns to normal. DO NOT use active skin care until skin is back to normal.
- **Avoid heating the skin** (hot showers, saunas, direct sunlight) or applying thick moisturiser until the skin has improved.
- **Do not pick or rub** at the dry skin or clinical area. If you develop crusts or sores, apply Vaseline /Occlusiderm and contact the clinic.
- **Do not have active clinical treatments for 2 weeks**, such as any dermabrasion, laser, intense pulsed light, chemical peels, muscle relaxant injections or dermal filler.

### Treatment Course

- The normal treatment course is 4-6 treatments every 4-6 weeks.
- Eat well and don't smoke for an optimal treatment! You are what you eat!