

MICRONEEDLING

WHAT IS MICRONEEDLING?

Medical Microneedling, also known as collagen induction therapy, has been widely used in aesthetic medicine for many years. It is a treatment that rejuvenates the skin. It's especially effective for treating acne scarring, enlarged pores, sun damage and skin ageing.

WHAT SKIN CONDITIONS CAN BE TREATED WITH MICRONEEDLING?

- Fine lines & wrinkles
- Scars
- Acne scarring
- Stretch marks
- Hyperpigmentation
- Sun damage
- Uneven skin tone/texture
- Hydration
- Large pores

Additionally, microneedling is not restricted to the face. It can be used on many other body parts, such as arms, legs, neck, back, hands and abdomen.

The natural growth of collagen will not happen instantly; it takes place over weeks and months. This treatment is not designed to be an "instant fix," but is intended to improve the health of your skin in the long term.

PRE-TREATMENT INSTRUCTIONS

Avoid for:

- 7 days - Avoid waxing 7 days before and after this treatment.
- 3 days - BEFORE treatment: Avoid topical products such as Tretinoin (Retin A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, Salicylic Acid, or other 'anti-aging', 'acne' and 'bleaching' products. Also AVOID waxing, bleaching, tweezing or the use of hair removal cream on the area to be treated.
- Cleanse skin with a mild cleanser.
- Avoid excessive sun exposure and wear a broad-spectrum sunscreen daily of SPF 30 or higher.

POST TREATMENT INSTRUCTIONS

- Refrain from touching the skin with your hands until the pores have had chance to close. DO NOT PICK OR PULL THE SKIN. Any redness should subside after a 24-36-hour period.
- Do not rub or massage the face for 2 weeks.
- Avoid facial products containing fragrance for 3-5 days after treatment as these may irritate the skin.
- Refrain from extreme temperatures such as intensive sunlight, saunas, sunbed, steam bath or a period of at least 2 weeks after treatment.
- Avoid electrolysis, waxing, bleaching (face), depilatory creams, laser hair removal for at least 72 hours.
- Do not swim in chlorinated water for approximately 14 days.

CONTRA-INDICATIONS

- Allergy to topical anaesthetics
- Anti-coagulant therapy – increases potential for bleeding – coagulation status should be checked to confirm normal clotting/bleeding profile.
- Haemophiliacs.
- History of Keloid scarring.
- History of radiation therapy within the application area (6mths post chemo & radiotherapy).
- Raised moles or warts.
- Pregnant or breastfeeding.
- Skin cancers – Melanoma.
- Skin infections; wounded, sunburned, excessively sensitive skin; inflammatory acne within the application area.
- Uncontrolled diabetes. If HBA1c level is over 8 you must not proceed.
- Active eczema, psoriasis or inflamed rosacea.
- Oral retinoids (Roaccutane) used within 6 months prior to treatment.
- We recommend carrying out a patch test for Fitzpatrick skin types 4 or above.
- Unrealistic expectations.

Microneedling on active acne may result in the spread of acne and infection, can worsen rosacea and without correct skin care can aggravate melasma. If you have active acne you will need to wait for this to settle before having treatment.

Treatment Summary

Treatment Time: 30-60 mins
Recovery: Immediately or 1-2 days
Results Duration: 4-6 weeks