

## Microneedling Treatment

The microneedling device is used to stimulate the tissue and improve the appearance of the skin. The procedure is performed in a safe and precise manner, utilizing a sterile micro-exfoliating component. The procedure is typically completed in 30 minutes. Treatment time may vary based on the required treatment and anatomic site being treated. This very safe and effective procedure may be used to reduce the appearance of fine lines, wrinkles, and stretch marks without the pain of epidermal abrasion. At lower depths, microneedling can also be used to treat acne scarring. Three to five treatment sessions are recommended.

### How should I prepare for the treatment?

- Avoid extreme sun exposure for one month prior and post treatment.
- Avoid retinoid products and glycolic acid products for 1 week prior to treatment.
- Notify your doctor if you have a history of cold sores. The doctor will pre-treat you with a medication called valacyclovir to prevent any outbreaks.
- It is preferred that you arrive for your appointment clean-faced without makeup, moisturizer, or lotions on the day of the treatment.
- Notify your doctor if you have any history of keloid scarring, metal or skin allergies, or if you have been on Isotretinoin (Accutane) within the past 6 months.

### What should I expect during treatment?

- A topical numbing cream will be applied to the treatment area. After 20-30 minutes the cream will be removed and the area will be cleansed in preparation for the treatment.
- A sterile cartridge containing tiny micro-points is attached to the device. Your dermatologist will apply a thin layer of topical gel to your skin and select the appropriate treatment setting based on your unique needs. Next, in a single motion, the pen will be gently pressed against the skin while simultaneously gliding, until the entire treatment area has been covered. This process results in thousands of superficial microscopic channels throughout the entire treatment area stimulating collagen production.

### What will I look like after treatment?

- Immediately after the treatment, your skin will be red and flushed with an appearance similar to a moderate sunburn. You may experience skin tightness and mild sensitivity to touch to the area being treated. The redness will diminish greatly after a few hours following the treatment and within 24 hours the skin will be generally calmed.

- If you have treatment around your eyes, you may experience micro-bruising lasting for 3-4 days. This can be covered with make-up.
- Do not take any anti-inflammatory medications such as: Ibuprofen, Motrin, and Advil. These agents will interfere with the natural inflammatory process that is critical and responsible for skin rejuvenation.
- Do not exercise for 24-48 hours post procedure to minimize the risk of blistering.
- Within two days following your microneedling procedure, you will notice skin dryness and flaking. This is due to an increased turnover of skin cells. During this time we recommend that you apply a hydrating moisturizer.

### **How should I take care of my skin?**

- **Immediately After Treatment:** Cleanse with a mild soap daily. Gently pat dry. If your skin feels dry or tight, apply a gentle moisturizer. Avoid partaking in activities that will heat up your skin, such as going in a hot tub/jacuzzi/sauna, taking a very hot shower, or strenuous exercise for 2 days after treatment.
- **First Few Days:** Continue gentle cleansing and moisturizing over the next few days. Avoid scrubbing, rubbing, or using exfoliants for 1 week. Apply sunscreen daily and you can use makeup if needed starting the day after treatment.
- **First Week of Healing:** Keep treated area clean; avoid smoking, excessive alcohol consumption, excessive exercise, sweating, swimming, or exposing skin to heat and sun.
- **Skin Care Products:** All of your skin care products should be non-irritating and non-clogging for the first week or so after treatment. Moisturizer should be applied one to two times per day. We also recommend using a vitamin C serum daily to help with healing and to decrease pigmentation.
- **Scrubs, Toners, Glycolic Acid, and Retinoids:** Your skin will be sensitive for the first week or two after treatment. Do not use products that will cause irritation during this time. Please do not use any scrubs, toners, glycolic acid, retinoids (Retin-A or retinol), or bleaching creams (hydroquinone) until your skin has healed, unless otherwise directed by your doctor.
- **Sunscreen:** It is very important that you use sunscreen to prevent discoloration and sun damage to the skin while it is healing. Use sunscreen daily for at least 3 months after your last treatment. The sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 30 or more. Apply sunscreen 20 minutes before going outside and reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area.
- **Abnormal Healing:** If you notice any pimples, blisters, cuts, bruises, crusting/scabs, areas of raw skin, ulcerations, active bleeding, increased discomfort or pain, pigment changes (lighter or darker than usual complexion) or any other problems, please contact us as soon as possible.
- A week after your microneedling treatment, most patients note that their skin is smoother, and more radiant.

***If you have any questions, please do not hesitate to call: (904) 420-7372.***

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