**Facial Microneedling**

**What is Microneedling?**

An aesthetic procedure that uses microneedle perforations to improve skin texture & appearance of large pores, increase collagen synthesis, lighten scars and pigmentation and generally brighten and rejuvenate the face. Microneedling is performed either through the latest machine or a mechanically maneuvered hand piece.

**How does Microneedling facial treatment work?**

In the mechanical Microneedling hand piece, thousands of micro wounds are made by gently moving the on to different directions and areas of the face. When Radiofrequency is used, the machine is directed to the desired treatment area where microneedles deliver fractionated radiofrequency to create hundreds of micro injuries to both the dermis and epidermis and promote collagen synthesis.

**Is the treatment painful? Is it safe? How long will the treatment take?**

A topical anesthetic is applied once requested but the procedure is easily tolerated by most patients. Depending on the treatment and treatment area, Microneedling alone is safely done in only 20-30 minutes but may take an hour or two if combined with other treatments, which is often the case.

**How many treatments I need before I see results and how long will it stay?**

Results on treated skin are immediate but significant results will visibly manifest in 4-6 treatments spaced 2-4 weeks when the pen like hand piece is used. Just like the first option, immediate results will show when RF is used while tightening will be felt in around 3-6 days. 4-6 treatments are recommended for best results.

**What conditions can be treated or improved with Medical Microneedling?**

* Mild to moderate acne scarring; any new or old scars
* Fine lines and wrinkles;
* Loose, lax skin;
* Skin texture and pore size
* Stretch marks

**How does it work?**

The device slides along the skin, penetrating the upper layers of the skin to a depth of up to 2mm to create numerous tiny needle wounds. The procedure prompts the body to respond through the creation of new collagen and elastin fibers. In response to the stimulus, the skin plumps and thickens, reducing the appearance of scars, and fine lines and wrinkles.

**What does the procedure involve?**

The skin is cleaned and numbing cream may be applied to lessen discomfort. For better results we use a collagen-stimulating product like Platelet Rich Plasma, Vitamin-C serum or skin lightener for pigmentation during the procedure. A small handheld pen like device with a sterile, disposable tip with 36 tiny needles is then used to pierce the skin. Our needling pen's multi-speed and adjustable needle depth allow needles to pierce the skin's layer at 90 degrees and increase the absorption of products. After the treatment, another layer of custom serum is applied and the Light Stim treatment is available to enhance your results.

**What will I look like after the treatment?**

Most people will experience redness and mild swelling in a similar way as mild sunburn for 24-48 hours and there may be minimal pin-point bleeding and/or bruising. Within a week or two, you will notice that your skin is smoother and more radiant looking but the full effects won't be seen until a few months later.

**What is the down time after Microneedling?**

The inflammatory reaction of the skin is extremely short and fades significantly within hours from redness to pinkish that may last for 12 to 48 hours. In order to reduce visible redness, we recommend hyaluronic acid after the procedure, and to protect the skin with zinc based sunblock. The use of mineral makeup is recommended after procedure.

**What are the benefits of Medical Microneedling?**

* Dramatically increases the effectiveness and penetration of active ingredients in topical preparation
* Stimulates circulation and collagen production
* Medical grade titanium needles makes it non-allergenic to human tissue
* Cost effective compared to other resurfacing procedures
* Can be performed on all skin types, including ethnic skin
* It can be used on all areas of the scalp, face, body including fragile skin like around eyes, mouth and neck

**What effects does the microneedling have on the skin?**

* Improves skin texture and reduces the appearance of wrinkles
* Stimulates tissue regeneration
* Disfiguring scars, especially acne scars can be improved as new collagen fibers elevate the depressed scar tissue with the periphery skin
* Pore size reduction
* Improves the appearance of stretch marks

**Is microneeding painful?**

Prior to the treatment, numbing cream can be applied to minimize pain that is felt during the procedure.

**Can microneedling be performed on any skin color?**

Medical microneedling is safe to use on all skin types and all skin colors. There is no risk of post-inflammatory hyper-pigmentation.

**How many treatments do I need and how often can Microneedling procedures be repeated?**

Micro-needling can be safely repeated every 4-6 weeks until you achieve the desired results. For collagen induction we recommend to start with 3 treatments, but with a minimum separation time of 4 to 6 weeks between treatments. For scar reduction an average of 3 to 6 treatments are recommended. The number of treatments required will depend on how each individual responds to the treatments, and the extent of the damage at the beginning Micro-needling can be used on all skin parts of the body (neck, décolleté, arms, legs, etc). Most people will begin to see results after the very first appointment. Package of 3 is available for scar and wrinkle reduction but must be done 4-6 weeks apart.

**Risks of post -op infections?**

Since the tiny pricking channels close within one hour, and provided the procedure is done under clinical conditions, post-op infections are extremely unlikely.

**What should I avoid on my skin after the treatment?**

To ensure the right healing environment for 2-3 days do no use AHA's (glycolic Acid), retinol, acidic or "active" ingredients. Exposure to sun should also be avoided or zinc based sunblock should be used.

**What are the side effects?**

There are virtually no negative side effects, and none have ever been reported in over 150,000 procedures performed worldwide.

**Am I a candidate for Microneedling?**

Medical micro-needling can be safely performed on all skin types and all skin colors. As the epidermis and in particular, melanocytes in the basal area are left intact. There is minimal risk of pigment change or post inflammatory hyper-pigmentation. Skin micro-needling can treat sensitive and fragile areas that are difficult to treat with other procedures. These areas include the eyes, the neck and the back of the hands.

**However, it is not suitable for patients who:**

* Have a used Accutane (isotretinoin) within the last three months
* Have open wounds, cuts or abrasions on the skin
* Have had radiation treatment to the skin within the last year
* Have any kind of current skin infection, condition, herpes simplex in the area to be treated
* Are pregnant or breast feeding
* Have any history of keloid or hypertrophic scars or poor wound healing