



SELECT AESTHETICS

MEDICAL AESTHETICS CLINIC

Microneedling

How Microneedling Works

Microneedling is an evidence based, non-surgical procedure that uses small sterile needles to penetrate the skin. This process triggers an inflammatory effect that produces healing growth factors in the skin and stimulates collagen and elastin production. The skin plumps and thickens in response to the stimulus, reducing the appearance of scars, stretch marks, fine lines, wrinkles, and more and producing smoother, firmer, more toned skin. This is dermal remodelling. The procedure is minimally invasive with no down time following treatment unlike similar skin rejuvenation treatments such as laser and chemical peels. Microneedling is a relatively simple and fast method for safely treating fine lines, wrinkles, and scars. Because the epidermis remains intact, the procedure can be repeated safely and is also suited to regions where laser treatments and deep chemical peels are not typically performed, such as around the eyes and mouth, hands, and chest. This makes microneedling a preferred treatment for nearly everyone.

Used to Treat

- Wrinkles
- Acne scars
- Pigmentation
- Stretch marks
- Surgical and traumatic scars
- Enlarged pores
- Burns

Microneedling is appropriate and effective for all skin types.

The Procedure

Typically takes 30 minutes. Medical grade skincare products, chosen to suit the client's needs, will also be used during the treatment. Microneedling improves the absorption of the products into the skin. There may be some mild redness and swelling following the treatment, however this should resolve within 48 hours. Total healing will take about 5 days.

Aftercare

- Use Sun Protection for the next few days. It is extra important to protect your healing skin as it can be more sensitive to sun damage during the recovery process.
- Stay Clean: Wash your hands before touching your face and avoid touching your face for the first 24 hours.
- No Makeup: We recommend you do not apply makeup for at least 8 hours after microneedling. In addition, make sure you use clean brushes if you decide to apply makeup.
- Avoid swimming pools, saunas, salt water at the beach since they may have a lot of bacteria and the salt and chlorine can irritate your skin after microneedling for approximately 24 hours.



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- Avoid excessive exercise for approximately 24 hours: Heat and sweat could cause bacteria to grow on the skin and heat itself can also be irritating to the skin too.
- Apply Serum: Vitamin C serum can be applied afterward as vitamin c is necessary to synthesis collagen but avoid using very high concentration of vitamin C as it may be irritating. Also avoid applying a skincare product that has a lot of fragrance or a new one that you haven't patch tested before.
- Avoid Prescription products: Make sure not to apply strong prescription acne products right after microneedling. Wait at least 24 hours or longer to apply any exfoliating products. The point is to be gentle and not use ingredients that would either irritate or increase turnover of skin.
- Hydrate Skin: Skin may feel a little dryer than usual after microneedling. Use something gentle like the Vitamin C Creme to keep skin moisturized as it heals

Do Use

- Gentle cleanser and tepid water.
- Gentle, natural ingredients. It's important to be gentle and minimalistic after microneedling so there's time for skin to recover.

Do Not Use

- AHAs, BHA, Retinol and scrubs
- Highly fragranced skincare - fragrance is known to be irritating or cause allergic reactions
- A physical brush such as a spinning brushes when cleansing the following day

How long does it take to see results from microneedling?

Some tightening results may be visible soon after the swelling goes down. Overall, it may take several weeks to months to see the final results of the microneedling treatments. It may take several treatments to achieve the desired results, particularly if used to treat scars. It is recommended that they are carried out about 4 weeks apart to allow the skin time to heal in between treatments.

Possible Side Effects

- As with any procedure, there are possible side effects and potential risks to microneedling, however these are rare and if occur, typically resolve in a couple of weeks. These can include:
- Bleeding
- Redness
- Flaky skin
- Infection
- Bruising
- Tightness