

### What is Microneedling?

Microneedling, also called medical needling, collagen induction therapy (CIT) or percutaneous collagen induction (PCI), is a skin treatment used to treat:

- wrinkles
- fine lines
- scars (including acne scarring)
- stretch marks
- large pores
- hair loss
- pigmentation

Microneedling uses multiple fine, sterile needles to puncture the skin with microscopic channels. This intentional, controlled injury initiates a skin healing response, resulting in the increased production of collagen and elastin. The end result is thicker, plumper, firmer, smoother skin. Additionally, skincare products are able to penetrate more deeply into the skin, making them more effective.

Microneedling can be done in one of two ways:

One option is using a

**Dermaroller:** A cylinder with many fine, sharp needles is rolled over the target area. The needles are of various lengths, depending on the qualification level of the practitioner, the area to be treated and type of skin issue.

Alternatively, your practitioner may use a

**microneedling pen:** These are handheld pen-like devices (e.g. SkinPen®) which have around 12 fine needles on the tip. Once switched on, these needles move rapidly in and out of the skin, at a depth set by the practitioner.

At the M-ethod™ Aesthetics, we opt for **SkinPen® Precision**, the only globally FDA-approved microneedling device which is clinically proven to safely and effectively fighting the appearance of neck wrinkles and facial acne scars for ages 22 and up. With as few as three non-invasive and affordable treatments spaced 30 days apart, you can improve your appearance for six months after your last treatment – and step out with confidence.

### How does microneedling work?

Collagen is the scaffolding of the skin. As we age collagen production declines, particularly after the age of 30. Many anti-ageing and skin rejuvenating treatments are predicated on increasing the skin's own production of collagen. Microneedling is no different.

The microneedling device causes controlled, intentional injury to the epidermis as it is rolled across or applied to the skin. The depth the needles penetrate (0.25mm - 2.0mm) depends on the type of skin issue, the qualification level of the practitioner and the area of the body/face being treated. Medically qualified practitioners can deliver microneedling up to 1.5mm on the face and 2.0mm on the body. Aestheticians can deliver microneedling up to 1.0mm on the face and 1.5mm on the body.

The channels produced as the microneedling device is applied to the skin induce a natural skin repair response. This results in increased production of growth factors, which in turn stimulates the production of collagen and elastin. As more collagen and elastin are produced, the skin becomes smoother and plumper.

There is an additional benefit, if using an active skincare regimen, as the products applied to the skin penetrate more deeply following microneedling treatments.

To get the best results, a course of 3-9 treatments may be recommended, followed by a quarterly maintenance programme.



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Whilst dermarollers are available at home, it is important to recognise that professional microneedling is carried out by experienced professionals, using sterile, sharp dermarollers/microneedling pens with specific aftercare procedures.

### **Who is microneedling good for?**

Microneedling is suitable for all adults and is used for the following:

- To improve acne scarring
- To improve fine lines and wrinkles
- To improve skin texture - tightening and plumping
- To reduce pore size
- To reduce stretch marks
- To improve skin pigmentation
- To help treat alopecia

### **Who is microneedling NOT suitable for?**

Microneedling is not suitable for people with active:

- Papulopustular rosacea
- Acne vulgaris stage III-IV
- Herpes simplex
- Warts
- Scleroderma
- Bacterial/fungal infections
- Open lesions/abrasions/wounds
- Solar keratosis

Nor is it suitable for people who have/are:

- Skin cancer
- Hemophilia
- Pregnant/breastfeeding
- Skin numbness
- Using Roaccutane/or have used Roaccutane in the last 6 months
- Prone to keloid or hypertrophic scars
- Experience poor wound healing

Your practitioner will discuss which treatment options are best for you, providing you with alternatives, where necessary, including the option for no treatment.

### **How do you prepare for a microneedling treatment?**

Your practitioner should clearly indicate what the specific treatment can and cannot deliver in terms of results. You may be asked to adopt a particular skincare regimen for 4+ weeks prior to your first treatment, the period between that and any other subsequent treatments, and once your course of treatments has been completed. This is to maximise collagen production and skin repair.

If you are prone to herpes simplex (cold sores), it is recommended to take or apply a targeted prophylaxis, such as acyclovir, to prevent a possible outbreak.

For brown, black skin or skins prone to post-inflammatory hyper-pigmentation, it is recommended to use a melanin inhibiting skin regime for at least 2 weeks prior to microneedling.

Arrive at your appointment without any makeup.

A week before the treatment, avoid taking aspirin, ibuprofen, vitamin E and fish oil supplements as these may increase bleeding. However, you can take paracetamol if needed.

If you are taking any prescribed medication, including aspirin, do not stop taking it – consult your practitioner or your GP first.

Avoid drinking alcohol 24 hours before your treatment, as this also increases the risk of bleeding.



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**DR MANDY MAK MBBS MRCS MSC**



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020 8865 1928 | [HELLO@THEM-ETHOD.COM](mailto:HELLO@THEM-ETHOD.COM) | [WWW.THEM-ETHOD.COM](http://WWW.THEM-ETHOD.COM)

### What happens during a microneedling treatment?

Immediately prior to your treatment, the area to be treated will be cleansed with an antiseptic cleanser and a topical anaesthetic cream will be applied. This will stay on your skin for around 15 minutes.

Once sufficiently numbed, the practitioner will pass a medical grade manual roller or a microneedling pen over the skin to be treated. They will pass the device over the skin a number of times. This can take 10 minutes up to 1 hour, depending on the area of skin and the specific skin issue.

Pain during the treatment should be minimal.

Depending on the depth the needles penetrate the skin, you may experience slight bleeding. Your practitioner will inform you of any aftercare procedures you need to follow.

Improvements in your skin will take 4-8 weeks to see significant improvements. Depending on the advice given by your practitioner, you may be advised to book a course of treatments, usually 3-6 booked at least 4-6 weeks apart or a specific maintenance programme.

### What should you do following a microneedling treatment?

After your treatment, your skin is likely to appear red and feel more sensitive.

#### Do:

- Avoid the sun
- Avoid sunscreen immediately after your treatment – once your skin has calmed, use SPF30 daily
- Use collagen stimulating peptides
- Keep hydrated

#### Don't:

- Use 'active' skincare products (retinols, AHAs, acids) until recommended by your practitioner - usually up to 5 days

*For 48 hours after microneedling, don't:*

- Apply make up
- Do strenuous exercise - sweating can enable bacteria to enter the channels created during the treatment
- Use spray/self tan products
- Swim in chlorinated pools or the sea
- Have tattoos, including semi-permanent makeup

*For 2 weeks after microneedling, don't:*

- Undergo further clinical treatments, e.g. microdermabrasion, laser treatments, chemical peels, antiwrinkle treatments, dermal fillers.

### What are the side effects and risks of microneedling?

Your skin may become red, itchy and inflamed post-treatment, a little like sunburn. This should last no longer than 48hrs.

Some other side effects include:

- Minor flaking/dryness
- Scabs/skin peeling
- Milia (small white spots) may appear on the skin
- Hyperpigmentation (skin darkening)

These occur rarely.

If you are susceptible to cold sores, you may find that you have a breakout following a microneedling treatment. Taking a course of Acyclovir prior to your treatment can help prevent this.

### What are alternatives to microneedling treatments?

There are many alternatives to microneedling treatments, depending on your particular aesthetic concerns and reasons for seeking treatment.

Alternatives include, but are not limited to, medical grade skincare, skinboosters/bioremodellers, chemical peels, microneedling, device-based skin tightening (e.g. HIFU, RF, IPL), laser resurfacing, cosmetic surgery or no treatment.



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Your practitioner will be able to discuss alternative treatments with you during your consultation.



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