

Microneedling Treatment

Treatment regimen and care:

Prior to treatment:

- Avoid Retin A treatment or application 12 hours prior to treatment
- Avoid auto-immune therapies or products 12 hours prior to treatment
- Avoid prolonged sun exposure 24 hours prior to treatment
- Microneedling cannot be done on sun burned or chemical burned skin
- On the day of treatment, please keep your face clean and do not apply any make up.
- If active or extreme break out occurs before treatment, please follow instructions of your practitioner. It is best to treat the break out prior to treatment.

What can be expected:

- After the microneedling treatment, please be aware and observe the following-
- Immediately after the treatment, you will look as though you have sunburn and your skin may feel warm and tighter than usual. This is normal and it will subside after few hours and will recover within same day or in 24 hours. You may see some redness after 24 hours.
- Your practitioner may prescribe post-procedure skin care to help soothe, calm and protect the skin. Hyaluronic acid serum is commonly suggested. Continue to use for 3 days. Active skincare can be resumed after 3 days.

Instructions:

- Please adhere to following skin care regimen-
- CLEAN- Clean the treated skin with cool water after an hour of the treatment to remove excess debris from skin and apply hyaluronic acid serum. Use mild soothing cleanser or face wash with tepid water for the 48-72 hours after treatment and gently dry the treated skin. Always make sure that your hands are clean while touching the treated skin.
- HYDRATE- Following the microneedling treatment, the skin may feel drier than usual. Hyaluronic acid serum is ideal to hydrate and restore the balance.
- STIMULATE- In the days following the microneedling treatment, as the skin starts to regenerate, collagen stimulating peptides are ideal to continue the stimulation.
- MAKE UP – It is recommended that make up or other skin care products should not be applied to treated skin for 12 hours and in some cases up to 72 hours of treatment. Mineral make up is preferred if needed past 12 hours. Make up brush should not be used unless clean and new.
- PROTECT- Apply broad spectrum chemical free UVA/UVB sunscreen SPF 30 or higher on regular basis and after 12-72 hours after treatment.
- OTHER PROCEDURES – Please ask your practitioner about other procedures like botox, fillers, facials, chemical peels etc are desired. It is best not to do them in certain time period before or after microneedling.

What to avoid:

- To ensure proper healing-
- Avoid other skin care products within 12 hours of treatment
- Avoid direct or intentional sunlight for 24 hours
- Avoid tanning booths, sauna, swimming pool, hot tubs for 3-5 days of treatment
- Avoid strenuous exercise for 2-3 days
- Avoid dirty environment for 2-3 days to prevent adverse effect

Frequently Asked Questions about microneedling treatment

Q. At what age microneedling treatment can be done?

A. Dermapen can be done at any age after adolescence.

Q. Can microneedling treatment be done on all skin types?

A. Yes Dermapen treatment is safe for all skin color and type.

Q. Can the microneedling help tighten and lift the jaw-line and under chin area like a Fractional Radio frequency based micro needle machine does?

A. This is not currently an approved indication for use by the FDA.

Q. Is it safe to use microneedling treatments on woman in their early stage of pregnancy

A. Although the application of microneedling without topicals (i.e., dry needling) is safe, Dermapen is not typically recommended for pregnant patients.

Q. What topical anesthetic cream do you recommend?

A. Your practitioner will recommend a topical anesthetic cream appropriate for your situation.

Q. Is this pen safe to use in conjunction with Botox and Juvéderm / collagen fillers?

A. The microneedling is safe to use 48 hours after a Botox treatment. Treatment before this period may affect the distribution of the Botox beyond the injection site. Avoid Botox injections for 2 weeks after Dermapen treatment. Avoid microneedling treatment for two weeks after fillers to avoid an inflammatory reaction.

Q. I'm having pores on my full face. Is microneedling is helpful for me?

A. If your enlarged pores are acne scars, microneedling is indicated for this condition. Microneedling is highly efficacious for acne scars!

Q. How long after the treatment do i have to wait to wear makeup?

A. After 3 days patients can return to regular skin care products. Vitamin A products are optimal and suggested.

Q. Can microneedling be used after a patient has had cosmetic facial surgery? How long after surgery is it safe to use Dermapen?

A. Microneedling should be used only after the cosmetic procedure has completely healed.