Micro-Needling:

A Comprehensive Guide to Skin Rejuvenation

Microneedling (also known as skin needling or collagen induction therapy) is a type of treatment that uses small needles to cause tiny punctures in the skin. These small contact points encourage the body to create a wound healing response and renew the skin cells. As your skin repairs, the production of collagen and elastin is triggered to give an almost immediate plumping effect. It can also help tackle other skin damage such as scarring, dark marks, sun damage and ageing.

# The Microneedling Procedure

## Preparation and Initial Consultation

Before undergoing microneedling, it is essential to have a consultation with a qualified Therapist. During this consultation, the practitioner will assess your skin type, discuss your aesthetic goals, and determine if microneedling is the appropriate treatment for you. They will also review your medical history to ensure there are no contraindications.

## The Procedure

On the day of the procedure, the skin is thoroughly cleansed to remove any makeup, oils, or impurities. Then the practitioner uses a device equipped with fine needles to create controlled micro-injuries. These devices can vary from handheld rollers to motorised pens, and the needle length can be adjusted based on the specific needs of the treatment area.

## Length of the Procedure

The length of a microneedling session can vary depending on the size of the area being treated and the individual’s specific skin concerns. Generally, the procedure itself takes about 30 minutes. However, including post-treatment care, the total appointment may last around 45 minutes

# Benefits of Micro-needling

## Enhanced Collagen Production

One of the primary benefits of microneedling is the stimulation of collagen production. Collagen is a protein that provides structure and elasticity to the skin. As we age, collagen production decreases, leading to wrinkles and sagging skin. Microneedling helps to counteract this process by encouraging the skin to produce new collagen and elastin, resulting in a more youthful appearance.

## Reduction of Fine Lines and Wrinkles

Microneedling is effective in reducing the appearance of fine lines and wrinkles. The controlled micro-injuries created during the procedure promote the regeneration of the skin, which can soften the appearance of these common signs of aging. Over time, the skin becomes smoother and more even in texture.

## Improvement of Skin Tone and Texture

Microneedling can improve the overall tone and texture of the skin. It can help to reduce the appearance of large pores, giving the skin a more refined look. Additionally, the increased cell turnover can lead to a brighter and more radiant complexion.

## Scar Reduction

Microneedling is particularly beneficial for individuals with acne scars, surgical scars, or other types of skin damage. The procedure stimulates the skin’s natural healing process, which can help to break down scar tissue and promote the formation of new, healthy skin. With multiple sessions, patients often see a significant improvement in the appearance of their scars.

## Hyperpigmentation and Sun Damage

Hyperpigmentation, such as melasma and age spots, can be challenging to treat. Microneedling can help to reduce these discolouration by promoting the turnover of skin cells and the production of new, evenly pigmented skin. Similarly, it can also help to repair sun-damaged skin, improving its overall appearance and health.

## Enhanced Absorption of Skincare Products

Another advantage of microneedling is that it enhances the absorption of topical skincare products. The micro-channels created during the procedure allow for better penetration of serums, moisturisers, and other treatments, making them more effective. This can be particularly beneficial when using products that target specific skin concerns, such as anti-aging or hydration.

# Post-Treatment Care and Considerations

## Immediate Aftercare

After the microneedling procedure, the skin may appear red and feel sensitive, similar to a mild sunburn. It is crucial to follow the practitioner’s aftercare instructions to ensure proper healing and maximise the benefits of the treatment. This may include applying soothing serums, avoiding direct sun exposure, and refraining from using harsh skincare products.

## Long-Term Care

For best results, it is recommended to undergo a series of microneedling sessions, typically spaced four to six weeks apart. The number of sessions required can vary based on individual skin concerns and desired outcomes. Additionally, maintaining a consistent skincare routine and protecting the skin from environmental damage can help to prolong the benefits of microneedling.

## Possible Side Effects

While microneedling is generally considered safe, there are some potential side effects to be aware of. These can include temporary redness, swelling, bruising, and pinpoint bleeding. In rare cases, there may be an increased risk of infection or allergic reactions to the numbing cream or skincare products used during the procedure. It is essential to discuss any concerns with your practitioner before undergoing treatment.

# Is Microneedling Right for You?

Microneedling can be an effective treatment for a wide range of skin concerns, but it may not be suitable for everyone. Individuals with certain skin conditions, such as active acne, eczema, or psoriasis, may need to explore alternative treatments. Additionally, those with a history of keloid scarring or blood clotting disorders should consult with a healthcare professional before considering microneedling.

## Conclusion

Microneedling offers a versatile and effective solution for improving the appearance of the skin. By stimulating collagen production and promoting the skin’s natural healing process, it can address various concerns, from fine lines and wrinkles to scars and hyperpigmentation. With proper care and a series of treatments, microneedling can help you achieve smoother, firmer, and more youthful-looking skin. If you are considering this procedure, consult with a qualified practitioner to determine if it is the right choice for your skin type and goals.

# Who Should Not Get Microneedling Treatment

Contraindications

A contraindication is anything which would stop the treatment going ahead. Below are a list of contraindications to micro needling.

Microneedling may not be suitable for everyone. Individuals with the following conditions should consider alternative treatments or consult with a healthcare professional before undergoing microneedling:

* Open Skin Wounds including broken skin, scabs, wounds, bleeding skin and blisters
* Pustular Acne Spots it is important to treat acne in-between outbreaks or treat the area around open acne or the treatment may spread the bacteria. It will cause pain if a roller is used on large acne spots so these should also be avoided.
* Rashes including psoriasis, eczema, pustular or nodular rosacea and fungal infections
* Contagious skin conditions
  + Bruised Skin this can be painful to treat
  + Skin Cancers
  + Keloid Scars these are also a strict contra indication
  + Raised moles, warts or moles that have changed need to be looked at by a physician before being treated. If there is a history of cold sores, then the client should take cold sore medication before beginning treatment as it may cause an outbreak. The more aggressive the treatment the greater the likelihood of an outbreak. Medications
  + Anti-coagulation medications and their interactions are becoming increasingly difficult to monitor so clients who are taking these should consult their prescribing physician before proceeding.
  + Clients who are on a low dose of aspirin can usually proceed without any adverse effects.
  + Any medications that cause photosensitivity should not be taken during Skin Needling treatment. Common drugs that may need to be avoided include: Actuate, some antibiotics, some antidepressants, some antihistamines, some diuretics, and some anti- hypertensives. being taken by a client to ensure they do not cause photosensitivity before proceeding
  + Skin Needling should not be carried out after a variety of other cosmetic treatments, including: microdermabrasion, botox, filler injections (2 weeks after botox or fillers) IPL, chemical peels and cosmetic surgery until all signs of inflammation caused by these treatments have gone.

Considerations

• Pregnant women should only receive Dry Needling treatment (which is Skin Needling without any additional product), but it is best not to treat pregnant women at all because the body’s resources are being used elsewhere. They also tend to look young and healthy at this stage due to hormone release so the treatment, so it is best to wait until after the birth.

• Clients with a history of allergies such as asthma and hay fever should be advised that there is an increased risk of urticarial or itchy skin following treatment due to the release of histamines

• Diabetes is not a strict contra indication if it is controlled but the skin should be closely monitored after treatment due to a higher risk of infection

• Sufferers of Fitzpatrick III and above can be treated but must avoid sun exposure after treatment and be aware that the inflammation of the skin can appear dark on the skin for several months afterwards. Treatment should be carried out under clinical supervision rather than at home.

Is Micro-needling painful?

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Some people may experience very mild discomfort during the procedure, especially your forehead

How many treatments are needed to see results?​

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The number of treatments needed varies depending on the individual's skin concerns, but most people see noticeable improvements after just one session, for optimal results we recommend at least 3-6 sessions spaced 4-6 weeks apart. But if you really want to up your skin game, monthly treatments can really transform your skin.

​​Are there any side effects after a micro-needling treatment?

There may be some redness and swelling immediately after the procedure, but these side effects typically subside anywhere from a few hours to a few days. It is important to avoid direct sun exposure and protect your skin using a SPF 30 daily.  We recommend you use gentle/ sensitive skincare products during the healing process

Who is a suitable candidate for micro-needling?

Micro-needling is generally safe for most skin types, but individuals with certain medical conditions or skin conditions may not be suitable candidates. It is best to consult with your skincare professional to determine if micro-needling is right for you.

What should I expect at my appointment?

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Expect to indulge in the ultimate facial experience at The Massage Hut & Spa – The Skincare Clinic. Our goal is to ensure your treatment is not only effective but also incredibly soothing. Our comprehensive package includes a Cleanse, Exfoliate, Tone micro-needling, rejuvenating Hyaluronic Acid Face Mask.

How can I prepare for my appointment?

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Please refrain from using any products that contain Retinol, Alpha Hydroxyacids, and beta hydroxyacids for 3-5 days prior to your treatment. Avoid tanning beds for at least 1 week before your appointment. It is recommended to arrive at your appointment without makeup, if possible.

Aftercare

• It is normal for there to be redness in the treated area, and it is this inflammation that brings about collagen induction. When using a 0.5mm roller this will usually clear within a few hours, but it can take up to 2 days in some cases

• There may be some itchiness in the area due to the release of histamines and this can be worse for anyone with a history of asthma or sinusitis. In some rare cases this can lead to urticaria, and they will need to consult a physician

• Dry skin is a normal reaction to the moisture barrier of the skin being broken by the Micro-needles and its important to moisturise and feed the skin.

• The skin may be tender to touch

• There may be an immediate feeling of tightening in the skin because the treatment shortens the elastin fibres which tightens the skin

• Increased sensitivity to sunlight may occur straight after the treatment and it can last for several days. Avoidance of direct sunlight is preferable but if this is not possible then a sunscreen with SPF15 or above should be applied

• In rare cases there may be some bruising or swelling

• In rare cases small pustules may form on the skin and these will need to be looked at by a clinician or physician if they persist as they may need to be drained to avoid the formation of scabs that can prevent the absorption of the serum. This is more likely to happen in cases of acne scarring

• Skin with darker pigmentation may not show the same level of redness and inflammation however they must follow the same Aftercare instructions

• Skin will feel tighter and look fresher

• Increased collagen induction begins within 48 hours of treatment, but it usually takes at least 4 weeks for the best results to show

• The results will continue to improve for between 3 and 12 months after the treatment as a new collagen matrix form under the skin

• The new collagen should last for 5-7 years which makes this a long-lasting treatment.

THINGS NOT TO DO

* Do not go out in UV light, use sun beds or tanning products after treatment
* Do not go swimming, or go into the sauna as infection may occur
* Under no circumstances should you undergo any further micro-needling treatments undertaken during this 4-week period.
* It is important to treat the skin with care, do not rub the skin as it will be tender.
* Apply a broad-spectrum sun care SPF30 to protect your skin when out in the sun
* Apply plenty of skin care products as the skin will readily accept all product after treatment