



What is MicroNeedling?

MicroNeedling is a treatment that constitutes a form of Collagen Induction Therapy (CIT). It is also referred to as a non-ablative skin treatment. This means that the deeper parts of the skin are treated without removing the top layer of skin. It is designed to treat various skin conditions such as fine lines and wrinkles, light scarring from acne and photo-damage, and to improve skin color and other skin texture changes.

A MicroNeedling Q & A

What is the concept behind MicroNeedling?

As mentioned above, microneedling is a form of Collagen Induction Therapy (CIT). The idea behind CIT is similar to that of many other non-surgical skin tightening procedures in that it aims to create a controlled injury underneath the skin's surface, thereby inducing the body to respond through the formation of new tissue layers of elastin and collagen fibers as well as new capillaries for an improved blood supply in the treated area. The skin plumps and thickens in response to this stimulus, ultimately reducing the appearance of scars, fine lines and other skin texture changes. In addition, the channels made from the micro-needles allow topical gels and treatment serums to be absorbed more effectively through the top layer of skin.

What are the effects of MicroNeedling on the skin?

It improves the thickness of the dermis as well as the epidermis. This in return improves skin texture and reduces wrinkles. It also has a positive effect on hyper-pigmentation as well as on hypo-pigmentation. Disfiguring scars, especially acne scars, can many times be removed or greatly diminished. New collagen fibers can elevate the depressed scar tissue. An improved blood supply into the previous scar tissue helps blend the pigmentation with the surrounding skin.

How does MicroNeedling compare to other skin treatments?

MicroNeedling is a non-ablative treatment that does not remove the top layer of skin. Alternatives such as ablative laser treatments, chemical peels and dermabrasions remove the top layer of skin and subsequently have more down time and may involve more associated side effects.

Which areas of the body and face can be treated with MicroNeedling?

Unlike ablative procedures which are mainly used for facial skin, the MicroNeedling procedure can be used on all skin part of the body (neck, décolleté, arms, leg) and face.

How is it performed?

The skin is cleaned and numbed with an appropriate numbing cream. Although many facilities incorporate a small hand-held roller device that is covered with numerous tiny closely spaced micro-needles that is rolled many times back and forth along the affected skin region. A motorized, pen-like device is used at The Beauty Lounge. This electrical tool creates a plunging action on the skin by incorporating a small, disposable disc that has 12 sterile microneedles of identical length placed in this single use applicator. Needle depth is determined by calibrating the device to the desired length. As the device is passed along the skin, the needles penetrate the upper layers of the skin in a precise depth of up to 2mm (depending on the needle length) producing thousands of tiny puncture marks or microneedle channels in the skin. Each channel goes no deeper than the skin layer and we be approximately 0.1mm in width. An even pattern of minute pinpoints in the skin is a good indication that the procedure has been done effectively.

How long does the treatment take?

In general, the whole procedure takes between 20-30 minutes depending on the area treated.

Does it hurt?

A numbing cream on the skin is used before the treatment to render the procedure painless. Some pressure sensations may be felt, although these should not be painful.

What is the down time after a MicroNeedling treatment?

Recovery after this treatment depends on the length and density of the needle length used. The skin will be pink or red in appearance for 24-48 hours, much like a sunburn with some minor bleeding and very occasionally some mild bruising. The skin may also feel warm, tight and itchy for a short time. Generally the inflammatory reaction of the skin is overall usually short and fades significantly after a couple of days on average, depending on the skin color of the individual. People with a more sensitive skin type or more mature individuals may take upwards of one week to fully recover.

Are there and side effects or risks from this procedure?

Side effects and risks are minimal with this type of treatment and typically include minor flaking or dryness of the skin, with some mild scab formation in rare circumstances. Infections are extremely rare. Since the tiny pricking channels close within 10-15 minutes after the procedure, and provided the procedure is done under clinical conditions, post-op infections are very unlikely. Small white skin spots (milia) may also form on the skin which can be treated if these are persistent. As this is a non-ablative treatment hyperpigmentation or darkening of the skin area treated is highly unlikely but can very rarely occur. This is usually temporary and subsides after the first couple of months. Suitable make-up will be able to conceal this if necessary. If you have a history of cold sores, then this could possibly flare up after the treatment. If one is predisposed to this condition, an appropriate anti-viral medication prior to treatment is usually recommended and can be prescribed by the client's physician or even purchased as an OTC medication.

What should I do after the treatment?

Post treatment advice may include:

Using tepid water to cleanse the face for the first 48 hours following treatment and drying the area gently without rubbing.

Ensuring that your hands are always clean when touching the area treated to avoid infections.

Avoid applying makeup products for the first 12 hours following the treatment although we will advise you when , what and how to apply some more mineral based products.

Optimally it would be good to use a home based cosmetic dermaroller 2-3 times a week in conjunction with an appropriate home care regime of topical skin care products. We will advise you accordingly.

When will I see the results of the treatment?

It can take between 6-8 weeks before visible signs of skin regeneration are seen, and the process will continue to evolve over the ensuing months providing a gradual improvement. Although a single treatment can provide a noticeable result, ideally however a series of 2-3 treatments spaced 6-8 weeks apart, is recommended to achieve optimal results.

How often can I do treatments with MicroNeedling?

As often as required, but with a minimum separation time of 6-8 weeks between treatments.

What are the differences in MicroNeedling Professional Models and Home Models?

The biggest difference is the needle size. While professional models used in the clinical settings have longer needles from 0.5 to 2.0 mm to induce collagen in deeper skin layer, the needles of the Home Care Models are very short, not more than 0.18 or 0.20 mm. In fact, when done at the home, you only get a reddening of the skin which lasts for a few minutes. It should become part of your daily routine, although the Home Model does not induce new collagen formation, and is not suitable for scar treatment, it does however help to maintain healthy looking skin. In that it: Stimulates epidermal cells for proliferation that results in a faster renewal cycle of the epidermis and thickening of the epidermal cell layer, it improves and supports after and in between collagen induction therapy from the clinical microneedling, it enhances active substances through the skin barrier (stratum corneum) by removing sticky scales on the stratum coneum that block gland ducts and pores.

Who should not undergo this procedure?

It is not suitable for individuals who:

Have used Accutane within the last 3 months

Have open wounds, cuts, or abrasions on the skin

Have had radiation treatments 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 are breast feeding.

Have any history of keloid or hypertrophic scars or poor wound healing.

Anyone with bleeding disorders or that are undergoing any type of cancer treatments.