



## **Medical Needling**

*- also known as; dermaroller, dermapen, e-dermastamp*

### **What is Medical Needling?**

Needles are used to create 1000s of columns of micro-injury to the skin, stimulating a natural healing response creating new collagen and elastin, remodelling scars, improving skin quality, tone and texture.

### **How does it Work?**

When the skin is injured a repair process takes place to replace the damaged skin with the new collagen and heal the wound. Medical needling leaves the epidermis (the upper most, 'barrier' layer of the skin intact, the micro injuries caused by sterile, fine, surgical needles triggers a complex cascade of wound healing depositing new improved collagen, elastin and hyaluronic acid (the 'bricks and mortar' of healthy skin structure) providing firmer and more elastic skin.

Hand rollers (roller with small needles,), rolled back and forth over the skin to deliver 100s of controlled columns of micro-injuries. Derma stamps (a small hand tool with a block of needles), which may be used to tap the skin repeatedly to apply the needle punctures. Or Derma pens (a small machine evolved from tattoo machines which mechanically delivers rapid and multiple needle punctures as it glides over skin are a variety of devices that may be used.

### **Does it hurt?**

When the needles are longer than 0.5mm, local anaesthetic cream is necessary to numb the skin prior to treatment. Those receiving treatment will still describe the experience as uncomfortable, if not painful. The new 'derma-pen deliver virtually painless treatment due to the vibration and high speed of penetration.

### **Used to treat;**

Dull, lifeless skin, fine lines and wrinkles, open pores, uneven skin tone, acne scars, scars and stretch marks.

### **After treatment**

There will be some redness, this will vary from the individual to another, the skin may feel tight and stingy for the first few hours. You are advised to avoid extremes of heat and cold and vigorous exercise for the first 12 hours. Sunscreen must be applied. You will be advised to use post procedure products to minimise any redness and support skin during process.

### **How long will it last?**

Results are achieved gradually over a period of months and three or more more treatments sessions will be required to achieve optimum results. Results on scars are Permanent, but for ageing skin. Maintenance treatments, one every 6 months are recommended.



### **Is it safe?**

All treatments carry a degree of risk. However, this is a very safe treatment, complications are rare when the right tool is used in safe hands, and the aftercare advice is followed. All risks and complications will be discussed with you at your consultation and prior to any treatment being agreed.

Your practitioner will take a detailed medical history and an assessment of your needs and expectations to ensure this is an appropriate treatment for you.

### **Am I suitable for treatment?**

There are a number of medical conditions and or other medicines that may affect the decision to treat or the treatment plan. A full medical history and assessment of your expectations is necessary in advance of any decision to treat.

### **With any injectable treatment;**

Treatment is not recommended if you are suffering from any skin infection in or near the treatment area or are unwell in any way (even a cold).

If you have previously experienced allergic reaction to any local anaesthetic.

If you are taking any medicines which affect bleeding, such as aspirin or warfarin. If you are taking steroids or have a autoimmune disease.

If you have any bleeding disorders. If you suffer from a poorly controlled medical condition. If you are pregnant or Brest feeding.

### **Caution**

Injections on the face can trigger the cold sore virus. If you are a sufferer, you must advise your clinician in advance of treatment.

Some over the counter medicines and supplements can also affect bleeding (make you more prone to bruising) as can alcohol- which should be avoided the day before and after treatment.

Safety has not been established for those skins susceptible to keloid scarring.

If, having had treatment, you are at all concerned about symptoms you were not expecting or happy with, please contact your practitioner for advice. If necessary an appointment will be made for you to be seen.