

Microneedling treatment causes micro-injuries that can stimulate collagen production, thereby improving the appearance of scars, striae, rhytides, and hair restoration. A series of 3 to 6 treatments are recommended. Maintenance treatments can be performed after every 6-12 months.

Expectations:

- Your skin will be pink or red after treatment, much like a sunburn for a few hours following
- Minor bleeding and bruising is possible depending on the number of times it is pressed across an area
- Your skin may feel warm, tight, and itchy for the first few hours following treatment

Possible side-effects:

- Side-effects are minimal with this type of treatment and typically include minor flaking or dryness of the skin with scab formation in rare cases.
- Milia (small white bumps) may form; these can be removed by the practitioner
- Hyper-pigmentation can occur very rarely and usually resolves after a month
- Temporary redness and mild-sunburn effects may last up to 4 days
- Freckles may temporarily lighten or permanently disappear in treated areas
- Crusting, itching, discomfort, bruising, infection, swelling, and failure to achieve the desired results

Aftercare:

- Wash with gentle cleanser twice daily using your fingertips only
- Cold compress can be applied for comfort
- May take Arnica 2 tablets every 6 hours to decrease bruising
- Do not exercise for 24 hours after treatment
- Avoid waxing, facials, Botox, or injectables for 2 weeks following treatment
- Avoid saunas, steam rooms, hot baths/showers until redness is gone
- Continue to avoid sun exposure and apply sunblock with 30 SPF daily, reapply every 2 hours
- Can apply mineral makeup the following day
- Drink at least 6-8 8 oz glasses of water daily

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