



MICRONEEDLING (Dermapen®)

Recovery from treatment is: 1 – 3 days

Risks and Complications: Low

Anesthetic: Topical

Procedure duration: +/- 30 minutes

Specialist: Dr. Zak

Back to work: Same day/Next day

Why microneedling?

Microneedling is a great way to treat and rejuvenate the skin. It is also known as collagen induction therapy. It is minimally invasive but has big results. It is virtually painless and extremely effective. It is wonderful for treating acne scars, pigmentation, pore size, fine and wrinkles. It works by stimulating the body's natural healing processes which in turn jump starts cell turnover as well as increases collagen and elastin production, these outcomes then lead to revert signs of aging.

Pre-treatment instructions:

- Discontinue use of Retin A, Retinol, Vitamin A creams and other topic medications for 3 to 5 days before your treatment
- Avoid blood thinners and alcohol 48 hours before treatment

Post-treatment instructions:

- Do not use sunscreen or makeup for 12 hours following the treatment
- Wash your face before going to sleep that night after treatment with a very gentle cleanser
- Use sunscreen with SPF 25 or higher 12 hours after the treatment
- You may return to your regular skin regimens 48 to 72 hours after treatment
- Avoid excessive sun exposure for at least 10 days after treatment
- Avoid alcohol-based toners for 10 to 14 days after treatment

FAQ:

What is the cost?

R2.5k with 5% retinol - per session

R1.5k excluding retinol - per session (3 sessions are highly recommended for results)



How does this treatment work?

This treatment involves the use of extremely tiny needles that create hundreds of microscopic and invisible puncture wounds in the very top layer of the skin. As the device creates these tiny puncture wounds it triggers a reaction in the body to respond by healing and producing more collagen as well as elastin fibers. The increase in blood flow is also beneficial to the appearance and quality of the skin as a result of this treatment.

What conditions does microneedling treat/improve?

Microneedling treats acne scarring, fine lines and wrinkles, sagging skin, texture of the skin, pore size, and stretch marks.

What will I look like after the treatment?

After the treatment you will likely notice redness and potentially a small amount of swelling. It will closely resemble a mild sunburn. Some patients experience bruising but this hardly lasts more than a few days. After just a week or two you will start to notice smoother and more radiant skin. The full results may take a few months to appear.

What does the procedure involve?

First off, the skin will be cleaned and a numbing cream will be applied. Following, a collagen-stimulating vitamin C serum will be applied. A small pen with the tiny needles inside will then be used all over the face for the treatment. Afterwards, another vitamin-C serum or hyaluronic acid will be used to help the skin to stay hydrated and heal.

What is the down time after a microneedling treatment?

The redness and inflammation of the skin after the treatment is completed is very temporary. Typically, any redness or inflammation will disappear after only a few hours. You may notice a tint of pink of your skin for up to 48 hours proceeding the treatment.

Can microneedling be performed on any skin color?

Microneedling is safe and effective on all skin types.

How many treatments will I need? And how often can the treatments be repeated?

It is dependent upon the patient as to how many treatments will be needed. Usually a patient should start by receiving at least 3 treatments. For scar reduction a patient may require up to 6 treatments. The treatment can be repeated every 4 to 6 weeks.

Are the negative side effects of micro-needling?

There have been no reported negative side effects of the treatment.

Should I avoid putting certain creams on my face after treatment?

After the treatment you should avoid AHAs (glycolic acid), retinol, and acidic creams or creams with active ingredients for 2 or 3 days. You should stay out of the sun and make sure to wear



the
COSMETIC AND
DENTAL EMPORIUM

sunscreen on your face daily.

Can I wear makeup after the treatment?

You should wait at least a few hours before applying any make up to your face, and it may be best to wait 24 to 48 hours if you are able to avoid the application of makeup.