



# Save Face

Medical Needling Fact Sheet



## Patient information

# Medical Needling

- Also known as; dermaroller, dermapen, e-dermastamp™, FNS™, Roll-Cit™, dry needling, percutaneous collagen induction(PCI).
- Treatment for aging, sun damaged skin, scarring and stretch marks.
- Gradual results over a course of treatments.
- To our knowledge, there are no devices with FDA approval- beware of false claims!

## What is Medical Needling ?

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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?

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When the skin is injured a repair process takes place to replace the damaged skin with 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.

## **There are a variety of devices that may be used.**

Hand rollers- rows of surgical needles on a small hand roller, which are 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.

Derma pens- a small machine evolved from tattoo machines which mechanically delivers rapid and multiple needle punctures as it glides over the skin.

### **A range of needle lengths may be used;**

0.3mm may be used at home. The needles puncture the surface, barrier layer of the skin to enhance penetration of therapeutic serums and stimulate cell turnover. Over time, real improvement of skin quality can be achieved with home devices.

0.5mm-1mm may be used by qualified beauty therapists and there is good evidence to suggest good results may be achieved with these needle lengths.

## **Does it hurt?**

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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

1.5mm needles will cause some pinpoint bleeding. Sterility and good infection control practise is essential. Also additional pain management, so these needle lengths should only be used by medically trained or supervised practitioners.

2mm needles are used to remodel scars and for thicker skinned areas such as the back, thighs and buttocks.

Best results are achieved when prescribed skin care is used to support the skin healing process.

**Caution:** A multitude of devices are available to purchase on the internet. If they are cheap then they are likely to be poor quality and there is an increased risk of skin damage and infection, particularly when the needles are longer than 1mm.

Results are achieved gradually over a period of months and three or more treatment sessions will be required to achieve optimum results.

Results on scars are permanent, but for aging skin, maintenance treatments, one every 6 months are recommended.

uncomfortable, if not painful. The new 'derma-pens' deliver virtually painless treatment due to the vibration and high speed of penetration.

## Used to treat

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- ↘ Dull, lifeless skin
- ↘ Fine lines and wrinkles
- ↘ Open pores
- ↘ Uneven skin tone
- ↘ Acne scars
- ↘ Scars
- ↘ Stretch marks

## After treatment

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There will be some redness; this will vary from one individual to another, from a light blush pink through to deep pink, such as sun burn. This will settle, usually significantly within hours, but sometimes taking two or three days to return to normal.

The skin may feel tight and stinging for the first few hours.

You are advised to avoid extremes of heat and cold and vigorous exercise for the first 12 hours.

Over the first 5-7 days, the skin may feel tight and dry.

Sunscreen must be applied daily.

You will be advised to use post procedure products to minimise any redness and support the skin during the process.

## How long will it last?

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Results are achieved gradually over a period of months and three or more treatment sessions will be required to achieve optimum results.

Results on scars are permanent, but for aging skin, maintenance treatments, one every 6 months are recommended.

## Is it safe?

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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 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?

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There are a number of medical conditions and 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 reactions 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 autoimmune disease.

If you have any bleeding disorders.

If you suffer from a poorly controlled medical condition.

If you are pregnant or breastfeeding.

### **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.

Vigorous exercise, sun exposure, sun beds, sauna should be avoided for 48 hours, or as advised by your clinician, 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 not happy with, please contact the practitioner for advice. If necessary an appointment will be made for you to be seen.**

# Consumer Check List

## Expect

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- To be seen by a, doctor, nurse or dentist for your consultation and assessment
- To have sufficient time to consider all the information- avoid making hasty decisions
- To be treated by a doctor, nurse or dentist
- A follow up appointment if necessary or desired

## Ask Questions

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| What is this treatment/product?             | time frame?   |
| How does it work?                           | Are you able to treat complications, should they occur? |
| What are the side effects/risks?            | What happens if I am not happy with the result?         |
| What are the alternatives I might consider? | Is it painful? How do you minimise pain?                |
| What results can I expect?                  | What aftercare am I expected to perform?                |
| What will I look like immediately after?    | What will it cost and what are the payment terms?       |
| How long will the results last?             |   |
| How many treatments will I need and in what |   |

## Check

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| You may check the qualifications of a doctor ( <a href="http://www.gmc-uk.org">www.gmc-uk.org</a> ), Nurse ( <a href="http://www.nmc-uk.org">www.nmc-uk.org</a> ) and dentist( <a href="http://www.gdc-uk.org">www.gdc-uk.org</a> ) | Ask to see the unopened box of product/ medicine to be used and make a note of it for future reference, should you later see another clinician. |
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## Be Safe

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- ↘ Do not proceed with treatment if you do not feel comfortable with the practitioner
- ↘ Do not proceed with treatment if you do not fully understand the information you are given
- ↘ Take the necessary time to make your decisions
- ↘ Ask the practitioner to show you the product in its unopened package prior to treatment.
- ↘ Make a note of the practitioner's name and product used for future reference
- ↘ Ask for copies of before and after photographs for your reference
- ↘ Do not have treatment in your home, at 'parties' or exhibitions or in environments that are clearly not clean or appropriate.