What is Microneedling?

Microneedling is considered to be one of the safest treatment methods for natural skincare since it does not cause any damage to the skin or the epidermis. There are many benefits to micro-needling, including that it is suitable for all skin types, even thin and sensitive skin on any body part, and there is no fear of hyper pigmentation.

Microneedling employs the use of a special micro-pen containing 12 precisely spaced micro needles in a small cartridge to create invisible, vertical, micro perforations into the epidermis and the top layer of the dermis. As this micro-pen moves across the skin, the needles create tiny holes but without damaging the epidermis, or the outer layer of skin. As a result, the skin shifts it’s natural repair mechanism into high gear and starts producing collagen and elastin to repair these micro-perforations. The self-repairing property of the skin is a 100% natural form of skin renewal from the inside out.

What will Microneedling do for you?

- Minimizes pore size
- Reduces fine lines and wrinkles
- Lifts, tightens, rejuvenates skin
- Improves appearance of stretch marks
- Improves the appearance of scars
- Improves the appearance of acne scarring.

Preparing for Microneedling:

When preparing for your microneedling procedure, it is important that you adhere to certain guidelines so that you obtain optimal results.
1. Avoid retinoids and treatments for autoimmune disease for 24 hours prior to your treatment.

2. Avoid sun exposure to the area to be treated for 24 hours prior.

3. Arrive at our office ready for your procedure with a clean face and no makeup.

4. Do not schedule this procedure if you have used Accutane or Isotretinoin within the past six months.

Preparation and an understanding of facial resurfacing are key factors to having a successful treatment.

**Procedure for the Microneedling treatment:**

Microneedling employs the use of a special micro-pen containing 12 precisely spaced micro needles in a small cartridge that, when delicately passed over the skin, will cause enough injury to the outer layer of the skin to stimulate collagen and elastin production. The advantage of Microneedling compared to other treatments is that it not only activates cell regeneration, it also enhances the absorption of active ingredients of Platelet Rich Plasma (PRP) (see below) or Hyaluronic Acid (see below) into the skin during the treatment before the skin closes. Your skin becomes firmer and regains its elasticity, fine lines and wrinkles are visibly reduced, pores become finer, circulation is stimulated and the overall condition of the skin tone and texture improves.

**What to expect after your Microneedling Treatment:**

Your skin may appear red, similar to a sunburn, for the first 24 to 48 hours following treatment. It also may feel warm and tight.

**Special precautions after your Microneedling treatment:**

1. Use a gentle cleanser with tepid water for the first 48 hours following treatment. Gently pat dry.

2. Use only gentle skin care products for the first 24 to 48 hours following treatment.

3. Avoid makeup, retinoids, glycolic acids, Vitamin C products and sunscreens for the rest of the day following your procedure.

4. Avoid sun exposure for 48 hours.

5. Avoid swimming, strenuous activity and exercising during the first 24 hours following treatment.

This can be administered with either PRP or Hyaluronic Acid

**What is PRP?**

Platelet Rich Plasma (PRP) is blood plasma that contains a concentrated amount of platelets. When used in facial aesthetic procedures, your own blood is drawn and then spun in a centrifuge to extract and concentrate the platelets. The PRP portion of your blood is then put back into your skin to stimulate new collagen production, and to re-energize your cells into rejuvenating themselves. The product injected is 100% your own blood by-product. PRP permits the body to take advantage of the normal healing pathways at a greatly accelerated rate. During the healing process, the body rushes many cells to the wound in order to initiate the healing process. One of those cell types is platelets. Platelets perform many functions, including formation of a blood clot and release of growth factors into the wound. These growth factors function to assist the body in repairing itself by stimulating stem cells to regenerate new tissue.

**What is Hyaluronic Acid?**

Hyaluronic acid is actually a natural structural component of skin, and, in fact, is present in
connective tissue throughout the human body. When used in facial aesthetic procedures it is gently massaged into the patient’s skin. The magic of this ingredient lies in its ability to retain moisture; it’s considered to have a greater capacity to hold moisture than any other natural or synthetic polymer. Hyaluronic acid also provides antioxidant defense against free-radical damage, and reduces inflammation. Hyaluronic acid quenches dehydrated skin for a supple, smooth complexion while visibly reducing the signs of aging, by helping the skin appear firmer, brighter and rejuvenated.

At JUVA Skin & Laser Center our Certified Aesthetic Nurse Specialist (CANS), Susan Watson-Neimy (RN, BSN), performs the microneedling and works closely with her patients to give them the best results. Call and schedule an appointment with Susan today! Call (888) 610-3133. 

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