KERRY SKIN CLINIC
SKIN, HAIR + NAILS SPECIALISTS

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Micro-needlingwith the "Dermapen3"

What is Micro-Needling and how does it work?

Micro-Needling is a procedure where a hand held electrical device known as the "Dermapen3" is passed over an area of skin; the "Dermapen3" has 11 minute needles which penetrate into the underlying skin. This procedure does not remove the top layer of skin but forms a controlled injury to the skin. This initiates the skin's natural wound healing process which works to replenish collagen and elastin fibres which may have been rendered ineffective as a result of aging or injury to the skin. This new growth results in the formation of thicker and plumper skin which ultimately reduces the appearance of fine lines, wrinkles, scars and other prominent texture changes.

What is Micro-Needling used to treat?

This procedure increases the thickness of the dermal layer of skin as well as the epidermis which improves the skins texture and as a result limits the appearance of many skin defects. For example:

- Irregular pigment (hypopigmentation or hyperpigmentation) or colour in the skin.
- Sun damaged areas of skin.
- Scars- it is particularly effective at treating acne scars it can be used to elevate the depressed scar tissue due to new blood capillary formation.
- Wrinkling and fine lines
- Stretch marks

How long does it take to work?

Depending upon the needle length used and your skin's response to treatment, results can vary. Immediately after treatment, you will experience erythema (redness), bruising and mild swelling which will subside after approximately 1-3 days. Within the first week, you may experience a natural exfoliation or dryness. After 1 week you may notice your skin's texture and tone has improved. Pigmented areas may show improvement from the 3rd week post treatment. From 6 weeks onwards you may experience a visible improvement in fine lines and wrinkles. Most people need 4 to 6 sessions separated by 4 to 6 weeks apart to get good results.

Are there any complications associated with Micro-Needling?

As with any procedure Micro-Needling carries some degree of risk, it is important that you analyse the risk compared to potential benefits before you undertake any procedure. Some potential complications could be:

- **Patching, flaking or dryness-** can persist for a few days after treatment
- **Pin-point bleeding-** there will be some slight bleeding caused by the needle penetrating the skin.
- **Scab formation**- it is very rare that you might form scabs in the area of treatment, if this is the case, avoid picking at them as this may cause scarring.
- **Infection-**The tiny channels caused by the needle usually close within minutes, there is a very small risk of infection, but provided you are in a sterile and clinical environment, this risk is extremely rare.
- **Pigment changes-** Some patients very rarely experience hyperpigmentation (darkening of the skin) in the treated area
- **Pain**- a numbing cream will usually be used on the treatment area prior to use, this should prevent you from feeling any pain, but you may experience some tingling or pressure sensations. On particularly sensitive areas a general anaesthetic may be used to manage pain.

- **Viral infection**- if you suffer from cold sores you may have a flare up subsequent to treatment. Before you have this treatment, tell your doctor if you do and they may prescribe an appropriate antiviral medication.
- **What should I do after the treatment?**

Dr Buckley will provide you with post treatment advice which will be relevant to the treatment you have received, depending upon the size of the needle and the area you are treating. You may be recommended to:

- Avoid touching the treated area and ensure your hands are always clean if you do. This should help to avoid infection.
- Do not apply make up until 24 hours post treatment.
- Avoid having a chemical peel, facial rub or massage for at least 24 hours after treatment.
- Use warm water to gently cleanse the face and pat dry for up to 48 hours post treatment. If you have dark skin or are prone to post-inflammatory hyper-pigmentation use a high factor sun block daily for 2 weeks prior to each session.

Is this treatment right for me?

You might not be a good candidate for Micro-Needling if:

- You have current open wounds, cuts or abrasions on the area of skin being treated
- Are pregnant or breast-feeding
- You have an allergy to local anaesthetic
- Have a history of keloid or hypertrophic scar formation or poor wound healing
- Have a current infection in the area that you are or are not undertaking current treatment.
- Are on any medication which might alter the way your blood clots e.g. aspirin, warfarin.

Let Dr Buckley know of any current medication you are taking or any previous relevant medical history. Let us know if you are prone to cold sores. It is also important that you discuss with Dr Buckley what you intend for the results to be and that you have both analysed realistic outcomes for the treatment. Please allow 60 to 90 minutes per session of micro-needling. You will need to go home immediately after each session.

If you think you would benefit from this treatment and want to discuss it with us, please make a FREE appointment with our aesthetician, Caroline O'Connor, by phoning 066 7174066.

For more information:

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