

YDH Patient Education

Microneedling

What is Microneedling?

Microneedling is a minimally invasive cosmetic procedure that uses a device equipped with fine needles to create tiny punctures in the skin's surface. These controlled micro-injuries stimulate the body's natural wound healing process, leading to increased collagen and elastin production. As a result, the skin becomes firmer, smoother, and more youthful in appearance.

What are the Benefits?

- Improves skin texture and tone
- Reduces fine lines and wrinkles
- Minimizes acne scars
- Enhances overall skin quality
- Suitable for all skin types

Before the Procedure:

- Avoid prolonged sun exposure and tanning beds for at least a week before treatment.
- Inform your provider about any medications, allergies, or skin conditions you have.
- Discontinue use of retinoids and exfoliating agents a few days prior to treatment.
- Arrive with clean, makeup-free skin.

During the Procedure:

- **Preparation:** Your skin will be cleansed, and a topical numbing cream may be applied to minimize discomfort.
- **Treatment:** The microneedling device will be gently passed over the treatment area, creating controlled micro-injuries.
- **Duration:** The procedure typically takes 30-60 minutes, depending on the size and number of areas being treated.
- **Sensation:** You may feel a mild sensation of pricking or scratching during the procedure, but it is generally well-tolerated.

Aftercare:

- **Immediate Post-Procedure:** Your skin may appear red or slightly swollen immediately after treatment, similar to a mild sunburn.
- **Skincare:** Follow any post-procedure skincare recommendations provided by your provider, which may include gentle cleansers, moisturizers, and sunscreens.
- **Avoid Sun Exposure:** Protect your skin from direct sunlight and wear sunscreen with a high SPF for at least a week post-treatment.
- **Hydration:** Drink plenty of water to keep your skin hydrated and promote healing.

- **Avoid Harsh Products:** Avoid using harsh skincare products, such as exfoliants or retinoids, for a few days following treatment.
- **Follow-up:** Attend any scheduled follow-up appointments to monitor your skin's progress and discuss further treatment options if needed.

Results:

Initial results may be visible within a few days after treatment, with continued improvement over several weeks as collagen production increases.

For optimal results, multiple sessions spaced 2-4 weeks apart may be recommended.

Potential Side Effects:

Temporary redness, swelling, or bruising

Mild discomfort or sensitivity

Rarely, infection or scarring (when proper aftercare instructions are not followed)

Who Should Avoid Microneedling?

Pregnant or breastfeeding women

Current Accutane use (should be off Accutane 4 months prior to microneedling)

History of hyperpigmentation post-procedure

Individuals with active skin infections or inflammation

Those with a history of keloid scarring or poor wound healing

Active acne break out, open sores

Consultation:

Before undergoing microneedling, it's essential to schedule a consultation with a qualified skincare professional to assess your skin's suitability for the procedure, discuss your goals, and address any questions or concerns you may have.

Remember, individual results may vary, and it's crucial to follow your provider's recommendations for optimal outcomes and safety.

For more information or to schedule a consultation, please contact our office.