

Microneedling is a type of Collagen Induction Therapy (CIT). It is a cosmetic skin needling procedure that promotes and accelerates natural skin regeneration and rejuvenation. The concept of skin needling is based on the skin's natural ability to repair itself whenever it encounters physical damage such as cuts, burns and other abrasions. Your body perceives this as damage, which initiates a healing process. One of the body's human growth factors, Stem Cells are activated, which stimulates the production of collagen and elastin.

Skin needling allows for controlled induction of the skin's self-repair mechanism. It improves anti-ageing signs of the skin such as fine lines, wrinkles, sagging skin, crows feet, spots, hyperpigmentation as well as skin scarring from acne, surgery or chicken pox. Microneedling can improve hair growth by stimulating hair follicles. Triggering this healing process continuously, that is going for microneedling treatments regularly, you encourage your body to keep repairing and you will see significant improvement.

The skin has the potential to increase its production of collagen and elastin up to 400% after just 3 sessions.

The cosmetic procedure is done by piercing thousands of fine pricks (micro channels between 0.25mm and 2.0 mm deep) close to one another through the epidermis (top layer) of the skin, into the dermis (middle layer) of the skin. This is done using a microneedling pen that has a needle cartridge attached to it. The needle cartridge contains small fine, sterile needles which repeatedly puncture microscopic channels into the skin. Microneedling can safely be done on all colors and types of skin. The epidermis and melanocytes in the basal area are not damaged, so this reduces the risk of post-inflammatory hyperpigmentation.

However not everyone is eligible for receiving a microneedling treatment based on certain skin conditions, medical conditions and medication taken.

Please review eligible skin conditions and contraindicated skin conditions.

Eligible for treatment:

- Lack of skin radiance
- Loss of elasticity and epidermal thickness
- Rough and uneven skin texture
- Fine lines Wrinkles Crow's feet
- Sagging skin
- Hyperpigmentation and dark spots Scars -
- Acne or chickenpox scars
- Post-surgical scars
- Skin dullness
- Dry skin
- Androgenic Alopecia (hair thinning, receding hairline)

Contraindications

- Active pustular acne
- Active bacterial, viral or fungal skin infections
- Rosacea, Eczema and Psoriasis
- Actinic(solar) keratosis Keloid or raised scars
- Raised moles or warts
- Bruised skin
- Extensive case of broken capillaries
- Cosmetic facial surgery in the past 6 months
- Accutane medication in the past 6 months (accutane causes delayed wound healing)
- Patients taking blood pressure, blood thinning, heart immunosuppression and antidepressant medication
- Chemotherapy and medication that can cause photosensitivity and skin side effects
- Diabetes, uncontrolled
- Botox – *wait 2 weeks*
- Fillers, microblading, FibroBlast Plasma Facial, Platelet Rich Plasma, IPL (laser) – *wait 4 weeks*
- Facial Threading – *wait 8 weeks*
- Pregnant or breastfeeding

By signing the form below, I understand and acknowledge that *I do not have any listed contraindication at this time* and have had time to review my questions/concerns with my provider. I will be given a handout with aftercare instructions.

I understand that my skin will be flushed and red and may experience redness and warmth after the treatment. This may continue for up to 48 hours after the treatment. I understand that I know that the sun is damaging to my skin directly after needling and I need to use a sunblock for protection.

Anything Else Worthy to Mention:

Name: _____

Signature: _____ Date: _____