



**indulgence** beauty

## AESTHETICS/NON SURGICAL SKIN TREATMENTS

### Micro needling treatment

#### What is Skin Needling?

Skin needling is the method of pricking the skin with tiny needles to:

1. Tighten loose skin and reduce lines or wrinkles,
2. Reduce scarring (e.g. acne scars, surgical scars, pitted scars/indented scars, raised scars/hypertrophic scars)
3. Restore normal skin pigmentation (e.g. to hypo-pigmented or damaged skin)
4. Creates brand new, healthy, younger looking skin

The process creates hundreds of microscopic “pin pricks” to activate your body’s wound healing process. As your skin heals, it uses your own collagen to fill the “valleys” of wrinkles and scars naturally. Needling is also called Dry Needling, Dry Tattooing, Needle Abrasion, Needle Dermabrasion, Facial Mesotherapy, Multitrepannic Collagen Actuation (MCA), Percutaneous Collagen Induction (PCI), or Collagen Induction Therapy (CIT).

#### What is Micro Needling System (MNS Roller)?

Treatment involves a roller with needles that range from short length (0.2mm, 0.3mm,) for home use (0.5mm) for certain home application as instructed by a qualified skin specialist and longer length (1.0mm, 1.5mm, 2.0mm) for clinical use. The clinical version must be administered by a clinician with a mild topical anesthetic.

#### How does Micro Needling work?

MNS Roller uses 200 very fine needles to injure the skin sufficiently enough to stimulate collagen/elastin production. This causes tiny micro-channels which also aid in infusing therapeutic serums for greater penetration and increasing overall efficacy.

The gentle stimulus provided by the MNS Roller is far more “skin friendly” and thus far more effective than many other more invasive and more expensive skin treatments. MNS Roller leaves the entire epidermal barrier fully intact; micro-channels created by 200 precision surgical stainless steel needles seal within hours after application: long enough for new collagen-structures to form within the lower layers of the skin and short enough to allow you to resume normal schedules quickly.

## Why Micro Needling can be effective

To understand why needling can be so effective to all the conditions above, it's necessary to have a basic understanding of what happens after skin is pricked by a needle deep enough to cause pinprick bleeding.

To the human eye, after the skin is pricked by tiny needles, the pinpricks will bleed slightly, scab and then heal. This appears to be the end of the story. But it isn't. Underneath the skin's surface, much more is going on. In fact, the healing response which begins immediately upon the injury kick-starts a healing process that last for several months, and up to a year. This natural healing process is where all the magic happens.

Deeper needle penetrations into the dermis produces better collagen and elastin production. The breaking of blood vessels is also key to starting the 12-month healing and reorganizing phase. If the needle only pokes the topmost skin layer and does not reach the dermis, there may be some improvements but no dramatic results.

Collagen slowly shortens after a few months and so the tightening of the skin is progressive over the next few months. The results can mimic those obtained with a laser, but without destroying the epidermis. That is the great advantage of the system. It is believed that the deeper the penetration into the dermis produces better collagen and elastin deposition.

## The healing process over a 12-month period after Micro Needling

1. Fibroblasts will migrate to the injured site and produce and deposit new extracellular matrix
2. The new matrix cross-links and organizes itself
3. Over time, new collagen will:
  - fill in any depressed scars and deep lines that are present
  - break down and reorganize any scar tissue
  - realign and stimulate new pigmentation
4. After a few months, this new collagen will start to shorten. This leads to the slow tightening of the skin.
5. After a year, this healing process will eventually lead to the formation of a thick layer of collagen, healthy elastin and improved blood flow at the initial injury site. Nestled in a small area, each needle prick's healing process will blend seamlessly together to lay down an almost continuous sheet of collagen below the epidermis.
6. The visible results of these can be that:
  - Hard or raised scars will soften and flatten
  - Indented scars like acne pits will fill in and appear less depressed
  - Lines and wrinkles will soften, revealing tighter and smoother skin
  - Hypo-pigmented areas will regain coloring
  - Restored nerve endings will renew the skin sensitivity for badly damaged areas

## Indications

Needling is a relatively minor procedure and can safely be recommended. In some cases it has been found that patients who were worried about having a face-lift were satisfied with the result of a simple needling of the skin. Great results in the skin above the eyes have been achieved as the elevation of eyebrows is a natural result of healing. To avoid laser especially in people with thin skin who cannot have laser resurfacing with safety.

## Applications of the Micro Needling Technique

- **Wrinkle Treatment:** Fine lines and wrinkles on the face can be diminished with facial needling.
- **Indented Scars:** Needling procedures can decrease the depth of pitted, depressed, or shallow scars caused by acne, chicken pox, surgeries, or trauma.
- **Surgical Scars:** Raised or hypertrophic (overgrown) scars can become smoother with needling treatments that flatten the elevated scar tissue. Examples include borders of skin grafts and other hypertrophic surgical scars.
- **Scar Relaxation:** Burns and accidents can create fibrous bands of scar tissue that often contract and limit movement. Needling can break down the contracted scar tissue to increase mobility and flexibility. This process is referred to as Scar Tissue Relaxation or Relaxation of Scar Tissue.

## Advantages

- **The surface skin remains intact.** This procedure does not permanently damage the skin. Unlike lasers which burn through the skin layers, including the topmost surface layer that is visible to us (the epidermis), needling does not destroy the surface layer. The tiny pinpricks will bleed with the initial injuries but these heal quickly, leaving the visible skin intact. As the skin is intact, there is no peeling or molting involved. The healthy skin and blood vessels in-between the lines, wrinkles, or scars is preserved. That improves healing, collagen production, and long-term results. And with that, very little downtime (roughly 5 days).
  - **Less Pigmentation Changes.** Because the epidermis is left untouched, there is less risk of permanent structural damage such as post-inflammatory hyper-pigmentation (skin darkening) or de-pigmentation (color loss or skin whitening).
  - **Fewer Side Effects.** There are no side effects such as thinning of the skin or increased sun sensitivity because the epidermis is preserved. Skin needling uses no artificial fillers so the chance of an allergic reaction or infection is also minimized. The skin actually becomes thicker.
  - **Fast Healing and Downtime.** Needling is precisely controlled and creates minimal dermal trauma. Healing is rapid with a short “downtime” of only a few days. The healing phase is short and within 5 days the patients can go out in public.
  - **Low maintenance.** The long healing process underneath will happen without any intervention. You may have to needle the site a few times for the best results, but other than that, your own body’s healing mechanism will do all the work
  - **Ongoing Treatments are Possible.** Other resurfacing methods cannot be repeated indefinitely because they eventually thin the skin and create photosensitivity. But needling can be repeated safely because the dermis becomes thicker in the treated areas instead of thinner. Also, other resurfacing methods must avoid the delicate eye area, but needling can safely treat areas around the eyes such as “Crow’s Feet.” It can also be performed safely on skin that previously had laser re-surfacing treatments or dermabrasion.
  - Topical numbing agents can be used to make the procedure comfortable. Very little discomfort post treatment.
  - It is not as expensive as laser resurfacing.
  - If the result after needling is not satisfactory, it can be repeated without any risk.
- Sun-sensitivity is a major and enduring problem in laser resurfacing, whereas after needling, of the skin, the horny layer rapidly returns to its original thickness and the skin is not as sun sensitive.
- A major advantage is that needling can be performed on people who have had laser resurfacing or have thin skin.

- The treatment does not have to be performed by a plastic surgeon or dermatologist. The technique is easy to master and it does not require the artistic skill that are imperative to the PMU technician.

### **Risks and side effects**

MNS Roller has none of the common risks and offers all of the advantages of the most invasive and most expensive treatments. The needles can only go into the skin so far – that’s why there are six different models. The only variable is for the practitioner to determine which of the rollers to use. Even if he goes too deep, the damage is minimal and not permanent. MNS Roller is non-ablative and produces little downtime – skin may be red and sensitive for about two to three hours after treatment.

**Note for smokers skin:** When treating a smokers skin there may not be bleeding with the first treatment. Smokers skin do not release TGFB the same as non smokers. You will however have bleeding by the second treatment because the micro needling will increase vascularisation.

### **Please Read Before Using MTS Roller with “your own cosmetics”.**

Use only as directed and with recommended skin care products. It is important to note that not all skincare products are suitable when using Micro Needling System. Keep in mind that many skin care products are harmless on the skin, but may react differently when infiltrated through the epidermal barrier. Be careful when using products which have not been recommended by a skin care professional as some products may have little or no therapeutic effect on the skin and others may irritate when deeper penetration occurs using the MNS.

If there is any doubt whether the ingredients in your skin care products are suitable for infiltration, please consult a competent skin care specialist.

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