

WHAT IS MICRONEEDLING WITH PLASMA?

Microneedling is a non-surgical and relatively non-invasive Collagen Induction Therapy that specifically targets fine lines, wrinkles, enlarged pores and acne scarring.

Microneedling delivers, uniformed, tiny needles that puncture the skin to a precise vertical depth. The perfectly delivered channels create a controlled microtrauma which allows for induction of the skin's natural remodeling process. When this occurs, small inflammatory and vascular compounds are released in the dermis, which attracts repair cells to the area. In this process of wound healing, the fibroblasts (skin's collagen making cells) reactivate and generate new collagen in the area. Your skin is repairing itself! The added benefit to the healing process is the restoration of a more youthful, smoother and brighter complexion.

But, let's not stop there!

When microneedling is combined with the application of plasma, the platelets are akin to stem cells and contain hundreds of proteins called growth factors. Growth factors are a potent activator for cells that stimulate those cell types that are essential for tissue repair. By combining a Collagen Induction Therapy with the administration of plasma, your body's regenerative system is amplified and accelerated providing more impressive results with less downtime!

AM I A GOOD CANDIDATE FOR MICRONEEDLING WITH PLASMA?

Microneedling is a safe alternative to more aggressive resurfacing treatments and is safe for all skin types. With the plasma being derived from the patient's own blood, the side effects are very limited. There is virtually no chance of your system rejecting the cells and reacting negatively. Adverse side effects are very rare.

Our office offers multiple modalities to address the various skincare needs of our patients. Not all treatments are indicated for each patient, and there may be a treatment better suited for your specific expectations and degree of damage. While positive results are anticipated, the level of improvement is unknown. There is no guarantee to the level of refinement you will receive with any treatment. A consultation will provide information and discuss your options.

Microneedling may not be the best treatment for you if you:

- are pregnant
- use or recently used Accutane for acne (within the past 6 months)
- still have active acne resulting in new scarring
- have certain skin conditions, such as facial eczema or rosacea
- scar easily or have a history of keloid scars
- have a history of poor wound healing
- have undergone skin radiation / cancer treatment on the face in the last 12 months
- have an autoimmune disease
- have had recent sun exposure (past 2 weeks)
- have had Botox within the last week
- have had soft tissue fillers within the last 2 weeks
- have had another skin treatment, i.e. - chemical peels, laser treatments, etc., within the last month
- have used depilatory creams, waxed or had electrolysis within the last 2 weeks
- have had laser hair removal within the last week
- have an allergy to topical lidocaine

WHEN CAN I SEE RESULTS?

The damage to your skin has occurred over a long period of time. It stands to reason that restoration will also take some time. Your skin might appear healthier after one treatment; however, dermal collagen remodeling may take up to several months. For some patients, final results may not be visible for three to six months.

HOW MANY TREATMENTS WILL I NEED?

Each patient's treatment goal and their skin's health will influence how many treatments they will need.

Microneedling can be safely repeated every four to six weeks, as needed. Collagen induction requires at least three treatments, while scar reduction requires between three and six treatments.

WHAT ARE OTHER SIDE EFFECTS OR COMPLICATIONS TO CONSIDER?

- Bruises and inflammation, including swelling and redness, are the most common side effects. They typically appear immediately after the procedure and clear within four to six days.
- You'll also want to avoid sun exposure and harsh skin treatments during this time. It's important that you don't rub or pick at your face. Sun protection is also very important.
- The good news is that plasma contains your own blood, so there's little chance of cross-contamination or infection. Rare, but serious, complications include infection and scarring.
- If you have a history of herpes simplex, or cold sores, it's also possible that you may have an outbreak from having this procedure done. Let your provider know if you've ever had cold sores. A prescription for an anti-viral medication may be provided.
- For skin types Fitzpatrick IV-VI, pigment may darken prior to lightening.
- Stimulation of the skin may cause a breakout.

PRE-TREATMENT INSTRUCTIONS

- 6 months prior** -Avoid Accutane.
- 4 weeks prior** -Avoid IPL/Laser procedures, chemical peels or microdermabrasion treatments.
- 2 weeks prior** -Avoid unprotected sun exposure or sunburn.
-Avoid administration of soft tissue fillers (Juvederm, Radiesse, etc.) to the treatment area.
-No waxing, depilatory creams or electrolysis to the area being treated.
- 7 days prior** -Avoid blood thinners (aspirin, fish oil, Omega-3, Vitamin E). Bruising is a common side effect.
***Always consult your physician before discontinuing a prescribed medication.**
-Avoid administration of Botulinum ToxinA (Botox, Dysport) injections to the treatment area.
-Do not have laser hair removal on the area being treated.
- 5-7 days prior** -Do not use topical agents that may increase sensitivity of the skin: retinoids, topical anti-biotics, exfoliants, acids that may be drying or irritating to the skin, exfoliating masks, salicylic acids, hydroquinone, and benzoyl peroxide acne products.
- 3 days prior** -Do not take any anti-inflammatory medications such as ibuprofen, Motrin or Advil. These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation. You may take Tylenol, if needed.
- 2 days prior** -If you have a history of cold sores, we suggest taking an antiviral medication. Begin 2 days prior to treatment and continue until the day after treatment. **Call the office with your pharmacy's fax number so that we may initiate a prescription.**
-Advise the office if you have an active cold sore or if an extreme breakout has occurred.
-Stay hydrated.

DAY OF TREATMENT

- Apply your numbing cream approximately 1 hour prior to your scheduled treatment.
- Please arrive with your skin clean, free of lotions, make-up, powder, perfume and/or sunscreen.
- Be hydrated and well-nourished. (Being dehydrated may inhibit the collection of plasma)
- Inform your provider of any relevant changes in your medical history and of all medications that you are taking.
- Your blood will be drawn for collection and preparation of plasma.

POST – TREATMENT INSTRUCTIONS

DAY 1

Your skin will be red and may even appear to be “raw”. Your skin will feel tight and dry. It is important to remember that the deliberate microinjuries are open and vulnerable. Do not introduce any products or elements that may cause an adverse reaction. Use only products that have been approved by your provider.

- No sunscreen OR makeup for 12 hours following treatment.
- Avoid any sun exposure.
- You may *gently* wash your skin (hands only) with the Cetaphil Cleanser and cool water 4 hours after treatment. Gently pat your skin dry. You may wait until bedtime, for the first cleanse, if you wish.
- 4-6 hours post-treatment, you may begin using the Cu3 Tissue Repair or an approved occlusive barrier such as Aquaphor.
- Stay hydrated.

DAY 1-3

A sunburn-like effect is normal. The skin will feel tight, dry and sensitive to touch. Redness, swelling and even bruising are common and may last up to 5-7 days.

- Do not ice the area or use Arnica Montana or Bromelain. These may interfere with the skin’s natural healing process.
- Gently wash your skin (hands only) with the Cetaphil Cleanser and cool water. Pat the skin dry.
- Apply the Cu3 Tissue Repair or an approved occlusive ointment to protect your skin and help maintain moisture.
- Apply the Silc Sheer 2.0 sunblock or an approved broad-spectrum sunblock of SPF30+.
- Avoid strenuous exercises that cause sweating, jacuzzi, sauna or steam baths for 24 hours due to open pores. Avoid up to 48 hours if inflammation exists.
- Avoid any non-approved skincare products while the channels are open and the skin is healing.
- May only use Mineral makeup after 48 hours.
- Sleep on your back, with your head elevated, to minimize swelling.
- Do not take any anti-inflammatory medications (ibuprofen, Motrin, Advil, Aleve, etc.).
- You may take Tylenol for discomfort.
- Stay hydrated.

DAY 2-7

Peeling may start 3-5 days after treatment. You will notice skin dryness and flaking. Do not pick, scratch or scrub at treated skin. Allow the old skin to flake off **naturally. This is very important.** Peeling the skin could attach “new” skin and could cause scarring.

- Keep your skin moisturized ALL times. You may transition from the Cu3 Tissue Repair to the Cu3 Recovery Lotion at this time. The Cu3 Transforming Gel is a calming and soothing mask that may also be introduced.
- Avoid direct sun exposure and apply the Silc Sheer 2.0 or an approved broad-spectrum sunblock of SPF30+ for the first 2 weeks after treatment.
- Do not take any anti-inflammatory medications (ibuprofen, Motrin, Advil, Aleve, etc.) for 1 week after treatment.
- Stay hydrated.

DAY 5-7

- You may restart your regular skin care products once your skin is no longer irritated or sensitive.
- Always apply a broad-spectrum sunblock of SPF30+.
- Stay hydrated.