

What is Microneedling?

Microneedling is a collagen induction therapy system that utilizes precisely spaced needles to penetrate into the skin, creating micro-channels. This process triggers your body's natural healing response and promotes the production of new collagen and elastin.

What are the benefits of Microneedling?

Optimal results are seen 90 days after a series of treatments

- Decreases fine lines, wrinkles, and skin laxity
- Smooths skin texture and appearance of pores
- Improves the appearance of stretch marks, surgical and acne scars
- Safe for all skin types
- Little to no downtime

Pre-Treatment Care

Prep the skin using the recommended Environ skincare system for optimal results

- The treatment requires a topical numbing cream which is applied up to 60 minutes prior to treatment
- Consider taking Arnica tablets 1-2 weeks prior to treatment to minimize the risk of bruising
- We recommend a skin check within 12 months prior to treatment
- Avoid taking NSAIDS (Aspirin, ibuprofen, etc.), Vitamin E, Fish oil, Gingko Biloba, Ginseng, and St. John's Wart to reduce your risk of bruising and swelling.
- No sun exposure, tanning beds, and sunless tanning cream for 1 week prior to treatment. Use a broad-spectrum UVA/UVB mineral sunscreen with an SPF 30+. We recommend EltaMD/Alastin/Brush on Block. Reapply every 2 hours when exposed to the sun
- Remove all makeup, creams or oils prior to treatment
- We recommend waiting 2 weeks after facial injections, laser treatments, or chemical peels before starting treatment

What can I expect after treatment?

The intensity and duration of your side effects depends on the level of treatment and your individual healing characteristics

- May experience the look and feel of a mild-severe sunburn
- Mild swelling is normal. This may cause the skin to feel tight
- Superficial bruising may occur, typically around the eyes
- The skin will begin to shed within a few days after treatment. A new layer of skin is produced and the old skin begins flaking – Do not pick the skin
- When treating pigmentation, you may have some brown staining for up to 12 months. The brown color is iron pigment ([hemosiderin](#)) that is left over from the red blood cells decomposing and being carried away by your own immune system
- In most cases, patients will recover within 72+ hours

Post Treatment Care

It is advised to follow post care instructions to aid in the proper healing of the skin

- Apply post care regimen as directed to promote healing and repairing of the skin
- No sun exposure, tanning beds, and sunless tanning cream for 2 weeks after treatment. Use a broad-spectrum UVA/UVB mineral sunscreen with an SPF 30+, After 48 hours. We recommend EltaMD/Alastin/Brush on Block
- Avoid using topical prescriptions, exfoliants, or cosmetics for 72 hours post treatment

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You treat yourself.

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- Avoid touching the skin after treatment. Make sure your hands are clean to avoid spreading bacteria, and to prevent infection to the treated skin
- Bathe and shower as usual – treated areas may be temperature-sensitive
- Do not pick, remove, or pull at any flaking/peeling skin as scarring may occur
- Do not shave the treated area if crusting is evident
- Avoid swimming, hot tubs, Jacuzzis and saunas
- Avoid activities that cause excessive sweating or any activity that may raise core body temp

What are the possible side effects?

Sun, tanning beds, and not adhering to the post treatment instructions provided to you may increase your chance of any complications

- Prolonged itching, redness, blistering, crusting
- Bruising, purpura, swelling, acne breakouts can occur post treatment, and can last 1+ -week
- Reactivation of oral herpes virus may occur
- A flare-up of acne or formation of milia may occur. These symptoms usually resolve quickly

Contraindications

- Use of Isotretinoin (Accutane®) within 6 months prior to treatment
- Any active skin condition in the treatment area, such as sores, psoriasis, eczema, and rash
- Pregnant and nursing
- Having received treatment with light, laser, RF, or other devices in the treatment area within 2 weeks prior to treatment.
- Intra-dermal or superficial sub-dermal areas injected with Botox®/HA/collagen/fat injections or other augmentation methods 2 weeks prior to treatment
- Use of non-steroidal anti-inflammatory drugs (NSAIDS, e.g., ibuprofen-containing agents) one week before each treatment session
- Treating over tattoo or permanent makeup to be kept
- Treating over the lips

Consent

- I understand that multiple treatments may be necessary for optimal results
- I understand results may vary depending on skin condition, skincare regimen, and daily SPF use
- I understand, although highly unlikely, it is possible that I will not experience any noticeable result from the procedure
- Particular results cannot be guaranteed, given that each body may react differently
- I understand that sun exposure, as well as not adhering to the post treatment instructions provided to me may increase my chance of complications
- I consent to photographs being taken and used to evaluate treatment effectiveness, for medical education, training, professional publications, or sales purposes
- Before and after-treatment instructions have been discussed with me. The procedure, potential benefits and risks, alternative treatment options, and a customized skincare plan has been explained to my satisfaction
- I have read and understand all information presented to me before consenting to treatment and I have had all my questions answered

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