



Advice for Micro-needling

Conditions micro-needling can help with:

1. Fine lines & wrinkles
2. Acne scars
3. Dyschromia: melasma, vitiligo and sun spots

How it works:

Micro-needling creates temporary small microscopic channels in your skin. These tiny punctures stimulate tissue regeneration through a process called Collagen Induction Therapy (CIT) which visibly improves the appearance of the skin, creating a radiant glow.

Before treatment:

- ★ Schedule a consult to discuss your goals
- ★ Have realistic expectations of your results
- ★ Avoid blood thinning medications and supplements where possible (aspirin, anti-inflammatories like nurofen, mobic, and fish oils)
- ★ Inform us of any changes in your medical condition, allergies and medications.
- ★ Stop any topical retinoids for 7 days before the procedure
- ★ Need to wait 2 weeks after any anti-wrinkle injections and fillers before you can have micro-needling

After treatment:

- ★ Do not use any other products, including cleanser, on your skin within the first 24 hours. Rinse your face with cool water, as needed.
- ★ After the first 24 hours use RESCUE Calming Complex to help soothe and calm the skin.
- ★ No sunscreen for 24 hours, so avoid sun exposure. Minimise sun exposure for 72 hours post treatment.
- ★ Avoid strenuous exercise and excessive perspiration for 72 hours
- ★ Avoid any active skincare products (such as retinoids, vitamin C, etc) for the first week
- ★ No cosmetic procedures for 2 weeks after micro needling (eg PRP, anti-wrinkle injections, and fillers)

For collagen induction, It is best to have 3 treatments a month apart, and then maintenance of 3 times a year after that.

Call Mount Sheridan Medical Practice on 40364333, if you have any concerns with excessive discomfort, infection to the injection site or other concerns.