

Post Procedure Care

It is normal to experience redness and soreness after microneedling procedure. It is recommended to use a gentle cleanser on face and neck twice a day, followed by a moisturizer such as CeraVe to promote healing and restoring a skin barrier.

It is an absolute MUST to use sunscreen of 30 SPF or higher every morning regardless of the weather or any indoor/outdoor activity. Avoid direct sun exposure for at least 2 weeks.

Avoid using makeup for 24 hours after procedure. Eye makeup or lipstick is permitted.

Your normal skin care regiment may be resumed in 5 to 7 days post procedure or as directed by the physician.



Ella Remenson, MD

5350 W Atlantic Ave
Suite 106
Delray Beach, FL 33484

Tel: 561-638-9209
www.drremenson.com



Skin Rejuvenation by **Microneedling**



What is Microneedling?

It is an aesthetic procedure that is performed in a medical setting using a device called a microneedling pen. The pen, which is equipped with 12 tiny, shallow needles creates small punctures in the skin. The depth of those punctures is regulated based on desired results, skin conditions, and by the physician's recommendations. Created micro holes stimulate the body's natural wound healing processes, resulting in cell turnover, increasing collagen and elastin production. This process fills in fine lines, plumps the skin, and contributes to a younger look. This is why this procedure is also called collagen induction therapy. Another mechanism of action by the microneedling pen is delivery of useful

remedies under your skin such as hyaluronic serum, Vitamin C products and the most powerful one: **PRP** (Platelet Rich Plasma).



PRP is scientifically proven to be useful in a multitude of medical conditions including aging skin, degenerative joint disease, and tendonitis. PRP is obtained by extracting a small amount of a patient's own blood through a venipuncture. Next, platelet rich plasma is separated from the rest of the blood in a 3 step process then it is applied directly to the skin. Microneedling creates small tunnels in the skin allowing **PRP** to enter the deep layers of skin. Since your own PRP has high concentration of growth hormone, it stimulates the skin to regenerate.

Recommended Treatment Schedule

For optimal results, it is recommended to have 4-6 sessions of microneedling approximately one month apart. After the initial course of treatment, a maintenance schedule is recommended every 3 to 4 months.

Conditions Treated by Microneedling

- Fine Lines and wrinkles
- Sagging, aging skin
- Pigmentation
- Acne Scars
- Stretch marks

