

Micro-needling Procedure Patient Information Packet

Please review the information provided. We will address any questions or concerns you might have during our private consultation prior to your initial treatment.

You can also visit us at:
aestheteacupuncture.com

For more information on our Cosmetic Care Packages and other wellness treatments.

or email us at:
@helloaestheteacupuncture.com

[Appointment bookings are online through our website.](#)

Follow us @aestheteacupuncture

The AcuMicro-pen skin needling system allows for controlled induction of the skin's self-repair mechanism by creating micro "injuries" in the skin which triggers new collagen synthesis. The result is smoother, firmer and younger looking skin. Skin needling procedures are performed in a safe and precise manner with the use of the sterile micro-pen needle head. The procedure is normally completed within 30-45 minutes.

What does it treat?

- Fine lines and wrinkles such as crow's feet, forehead lines, and lines between the brows.
- Hyperpigmentation due to sun damage, hormone imbalance, melasma, and acne.
- Acne scars
- Stretch marks

How is it performed?

We clean the skin to remove any make up or residue first. Then apply a custom serum blended to fit your needs. These serums include pure hyaluronic acid and whole plant extracts. They provide hydration and nutrients, and also allow a slip so that the pen glides on the skin.

(Note: you should come to your appointment makeup free)

Prior to the treatment:

We ask that you discontinue any retinol product for 3 days prior to treatment. Also, we strongly recommend that you wait at least 4 weeks after receiving botox injections or other fillers before your treatment to reduce the risk of minimizing your results of these injections.

After the treatment:

Please review the attached page for after-care information. You can continue to apply retinol after your treatment.

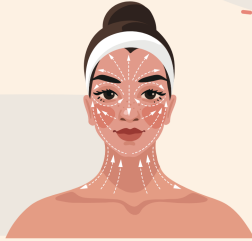
How many treatments will I need?

We recommend a series of at least 4-6 treatments spaced at least 4 weeks apart. The amount of treatments will vary per individual. Most patients return for maintenance treatments about 1-2 times per year.

How Micro-needling works

1

INJURY
Creates tiny micro
injuries



2

PROLIFERATION
Fibroblast rapidly
increase growth
factors and collagen
to the wound

3

REMODELING
Elastin and collagen
fibers work to rebuild
new tissue growth



4

NEW SKIN
A fresh new you is
born.

5

RESULTS
Typically last 3-5 years



Micro-needling is performed with a high quality grade FDA approved device, which attaches to a single use sterilized cartridge containing tiny needles that penetrate into the dermis creating what are called micro-channels. These channels allow for up to 300% of topical absorption.

Creating this 'micro-trauma' is what signals the body's immune system to begin the healing process. This process consists of fibroblast growth and new forming collagen to tend to the injured area.

This process of cellular proliferation takes 28 days to complete and the result is new collagen and elastin fibers that decrease the signs of aging. We are essentially building new skin.

Improvement typically takes about 2 weeks. Treatments vary depending on the individual and results have been studied and recorded as lasting anywhere from 3-5 years.

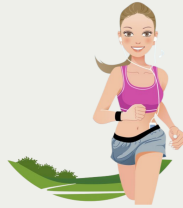
Micro-needle

AFTER CARE

**REDNESS MAY OCCUR
FOR 8-12 HRS SO APPLY
ALOE VERA TO SOOTHE
AND HEAL**



**NO EXERCISE TODAY
AS SWEATING CAN
STING THE SKIN**



STAY OUT OF THE SUN

Stay out of the sun the day of treatment.

Apply a mineral sunscreen when you are exposed to the sun.



NO MAKE UP TODAY

It is best to keep the skin clean and fresh without makeup the day of treatment



USE HYALURONIC ACID

Use HLA if your skin feels dry
Use HLA before bed tonight.



BACK TO NORMAL FACIAL ROUTINE TOMORROW

Treatment allows a faster absorption rate of facial products.

It takes 2 weeks to fully see results.

Micro-needling is done one time per month only.
(4-6 treatments recommended)



DO NOT USE FACIAL SOAP TODAY

Simply wash your face with warm water



Micro-needling has very little to no downtime with just a few after-care steps to follow.

After your treatment we ask that you go makeup free for the rest of the day. Remember, we have created micro-channels so anything that you apply to your skin after treatment will penetrate on a deeper level.

Avoid the sun as much as possible within the first 24 hours. When needed apply a mineral based sunscreen to protect from UV.

For the treatment day, do not wash your face with anything other than cool or warm water. We highly recommend our post treatment kit, which offers the best results.

This kit is only \$40 and includes a 7 day treatment plan for better skin repair.

Avoid sweating for the rest of the day to avoid irritation or stinging and stay hydrated.