



# MEDICAL NEEDLING

## INFORMATION

Medical needling, also known as Collagen induction therapy (CIT) or skin needling, is an aesthetic medical procedure that involves repeatedly puncturing the skin with very tiny, sterile needles. Medical needling is used on the skin to treat scars, deep lines, acne scars, pits, stretch marks and more.

It is believed that medical needling has been performed for many years, but has only recently been fairly well known. Medical needling can be performed on any skin color, and has been proven to be very successful. While some results will be noticed after the first procedure, all medical needling procedures require multiple visits.

What makes medical needling unique, is that it is one of the few treatments that encourages self-healing. By breaking apart the scar tissue, it stimulates the body's own collagen production to reduce the appearance of fine lines, wrinkles, stretch marks, and scarring (including scars caused by acne or chicken pox).

Because the results of medical needling are achieved by introducing a sharp, sterile needle into the skin, in some cases, clients prefer that a topical local anesthetic (cream or gel substance) is applied to the area before any needling begins. The needles used in our office are sterile, used only one time, and are disposed (in a medical sharps container) after every individual procedure. The needle is attached to a coil machine (similar to a body art tattoo machine) or a rotary tattoo machine. As the needle(s) penetrates the skin (through the epidermis and the papillary dermis) it leaves a tiny channel that closes almost immediately. The "damage" to the epidermis encourages the body to quickly produce more new collagen and elasticity, which generates new skin cells to "repair" itself. As it repairs itself, the skin becomes thicker, plumper and more youthful.

Medical needling is a very safe procedure that requires no anesthesia (though some prefer a topical local anesthetic to numb the treatment area) and doesn't take very long. The risks and side effects are minor and include: itchiness, flaking or dryness of the skin. Some articles suggest that Milia (small white spots) may form on the skin. These can be easily extracted, but I have never encountered this in either office.

Depending on the location of the area being treated and the type and/or device, the procedure can be painless with little to no discomfort. The area treated will be red or pink for a few days (everyone is different) following the treatment depending on the aggressiveness of the procedure. Medical needling can be used on the face and anywhere on the body to camouflage scars, wrinkles, stretch marks, and fine lines.

**Please follow the above instructions to achieve the best results.**

Please do not hesitate to contact me at any time if you have any questions or concerns at **415.412.9700** or **athenakarsant@mac.com**.