

Microneedling

(Collagen-stimulating treatment to improve skin texture, scars, and overall skin quality)

What Is Microneedling?

Microneedling is a minimally invasive skin treatment that uses **very fine, sterile needles** to create tiny controlled micro-injuries in the skin. These micro-injuries trigger the skin's natural healing response and stimulate **collagen and elastin production**.



Microneedling is commonly used to improve:

- **Acne scars**
- Fine lines
- Enlarged pores
- Uneven skin texture
- Mild skin laxity
- Certain stretch marks
- Overall skin tone and smoothness

How Microneedling Works

The tiny needle channels created during treatment signal the skin to repair itself. Over time, this leads to:

- New collagen formation
- Smoother texture
- Firmer skin
- Gradual softening of scars and fine lines

Because the skin is repairing naturally, results appear **gradually**, not overnight.

What Areas Can Be Treated?

Microneedling is commonly performed on:

- Face
- Neck
- Chest
- Hands
- Certain body areas with scars or stretch marks

Your provider will determine whether the treatment area is appropriate for microneedling.

What to Expect During Treatment

Microneedling is performed **in the office**.

During your visit:

1. The skin is cleansed
2. A topical numbing cream is applied
3. The microneedling device is passed over the skin in a controlled pattern
4. Soothing products are applied afterward

Treatment usually takes about **30–60 minutes**, depending on the area.

Most patients describe the sensation as **vibration, pressure, or light scratching** after numbing.

When Will I See Results?

- Skin may look brighter within a few days
- Texture improvement develops over **weeks**
- Collagen remodeling continues for **several months**
- Best results usually come from a **series of treatments**

Many patients benefit from **3–6 sessions**, depending on the concern being treated.

Pre-Op Instructions (Before Microneedling)

1–2 weeks before treatment

- Avoid excessive sun exposure and tanning
- Use broad-spectrum sunscreen daily
- Stop **retinoids, exfoliating acids, scrubs, and irritating skincare** as directed

Tell us before treatment if you:

- Have active acne breakouts, cold sores, rash, or skin infection
- Have a history of keloids or poor wound healing
- Are pregnant or breastfeeding
- Are taking isotretinoin or recently used it
- Have a history of post-inflammatory hyperpigmentation (PIH)

Day of treatment

- Arrive with **clean skin**
- Do not wear makeup, lotion, or sunscreen on the treatment area
- Avoid shaving irritated skin right before treatment

Post-Op Instructions (After Microneedling)

What's normal

- Redness similar to a sunburn for 1–3 days
- Mild swelling or tightness
- Dryness, roughness, or light flaking
- Increased skin sensitivity

Aftercare

- Use a **gentle cleanser** and bland moisturizer
- Avoid makeup until your provider says it is okay
- Avoid hot showers, saunas, pools, and strenuous exercise for **24–48 hours**
- Do not use retinoids, exfoliating acids, or scrubs until cleared
- **Strict sun protection** is essential

Call the office if

- You develop increasing pain, swelling, pus, or fever
 - Redness worsens instead of improving
 - You notice unusual darkening or blistering
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Who Is a Good Candidate for Microneedling?

Microneedling may be a good option if you want to improve:

- Acne scars
- Fine lines
- Mild texture irregularities
- Enlarged pores
- Early signs of skin aging

It may not be ideal if you have:

- Active infection
- Uncontrolled acne flare
- Open wounds
- Certain scarring tendencies

Your provider will determine if microneedling is safe for your skin type and goals.

Microneedling FAQ

Does microneedling hurt?

Most patients tolerate it well because numbing cream is applied beforehand.

How much downtime is there?

Most patients have **1–3 days** of redness and mild sensitivity, with light flaking afterward.

How many treatments will I need?

That depends on your goals. Many patients need **3–6 treatments** for best results, especially for acne scars.

Can microneedling help acne scars?

Yes. Microneedling is commonly used to soften acne scar texture and stimulate collagen over time.

When can I wear makeup again?

Usually after the skin has calmed, often about **24 hours**, but follow your provider's instructions.

Can microneedling cause dark marks?

It can in some patients, especially if aftercare and sun protection are not followed. Careful treatment selection helps reduce this risk.

Can microneedling be combined with other treatments?

Yes. It is often combined with:

- Medical-grade skincare
 - Chemical peels
 - Laser treatments
 - PRP or other adjunctive treatments, depending on the practice
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Is microneedling covered by insurance?

Microneedling is typically considered **cosmetic** and is not covered by insurance.