

WHAT IS MICRO-NEEDLING?

Micro-needling, also known as **Collagen Induction Therapy(CIT)** is a minimally invasive, skin rejuvenating treatment that helps stimulate natural collagen and elastin synthesis within the skin, with maximum results and little down time. It is safe for most skin types and all skin colors. We use technologically advanced medical grade products(no rollers!) in a sterile environment. We combine micro-needling with hyaluronic acid or growth factor serum to further improve results.

Safe, effective skin resurfacing for most skin types

Sun damage, scars, wrinkles, and lax skin tone can cause a person to look older than their age and are difficult to conceal with makeup. Aging causes the decline of collagen in the skin, contributing to wrinkles and other signs of aging. Skin can also lose collagen due to injuries, such as acne scarring, stretch marks, or other scars. For a more practical, longer lasting solution, **consider micro-needling**. We will take the time to listen to your cosmetic goals and determine how to achieve them through micro-needling.

Micro-needling has been well-researched since 1995 and is well-documented to be a safe and effective treatment. Collagen is an essential protein that helps keep the skin looking youthful, with a firm, smooth, and stretchy texture.

The most popular use of micro-needling is on the face, but you may receive treatment almost anywhere on your body, including stretch marks on the abdomen, thighs, and back. When your skin regenerates after the procedure, you will see improvement in the appearance of these conditions.

WHAT DOES MICRO-NEEDLING TREAT?

- Fine lines and wrinkles
- Hyperpigmentation
- Acne and surgery scars
- Stretch marks
- Loss of volume
- Hair loss

Uneven skin texture, pore size
Thin skin
Dry, dull skin
Treatment will also help skincare product

DOES MICRO-NEEDLING HURT?

Topical numbing gel will be applied to the treatment area, which will leave it virtually painless. Pain threshold levels vary from person to person and every effort is made to ensure you remain comfortable. Most people feel little, to no pain from the procedure.

WHAT SHOULD I EXPECT DURING TREATMENT?

Micro-needling treatment takes about 1 1/2 hours, including 20-30 minutes to anesthetize the treatment area for your comfort.

- Fill out intake form
- Take before picture
- Cleanse
- Numb
- Micro-needle treatment; a pen-like device with a cartridge containing fine, **sterile, medical grade needles is used** to create controlled micro injuries that will stimulate the production of collagen and elastin through the natural wound healing process. This portion of treatment takes about 30 minutes.
- LED Light Therapy- 15-20 minutes
- Take post treatment picture
- Post care instructions

WHAT IS POST MICRO-NEEDLING LED LIGHT THERAPY?

LED Light Therapy works by using an array of bright, light-emitting diodes (originally developed by NASA!) that send low-level light energy into the deeper layers of the skin. RED light LED stimulates cellular activity, including the fibroblasts that produce collagen, which gives young skin its plump look. That helps minimize fine lines and wrinkles, treat sun-damage and stretch marks, and reduce redness and inflammation after micro-needling treatments.

LED Light Therapy is usually an add on service. We believe this is an excellent and important addition to micro-needling, which is why it is included in your treatment!

WHAT CAN I EXPECT IMMEDIATELY AFTER MY APPOINTMENT?

Micro-needling treatment is a minimal downtime procedure. Immediately after the treatment, your skin will be red, resembling a sunburn with potentially a few marks. This redness/pinkness will subside significantly in the first 24 hours and can last 2-3 days. At the 5-7 day mark, some people experience mild peeling/flaking of old dead skin cells. Exfoliating cleansers can be resumed on day 7 to help speed up the process. You will be more sensitive to the sun for several weeks after treatment.

WHEN WILL I SEE RESULTS?

Clients notice an immediate improvement in the feel and radiance of their skin during the first week after the procedure. New capillaries will be forming, leading thereby to improved blood circulation. While some results may be almost immediate, your best result will become visible 3-4 weeks after treatment. Further improvements continue as cell growth, collagen and elastin synthesis continues up to 6 months, resulting in long term improvements in texture, fine lines.

HOW MANY TREATMENTS DO I NEED AND HOW OFTEN CAN MICRO-NEEDLING BE REPEATED?

Each client's skin condition determines the number of treatments that are needed. Collagen induction for anti-aging requires a minimum of 3 treatments. Moderate acne scars may need between 3 and 6 treatments, while thermal burns and stretch marks may need 5-6.

Treatments can be safely repeated 4-6 weeks apart. Micro-needling can be used on all parts of the body (neck, decollate, arms, legs, etc).

WHAT DO I NEED TO DO POST TREATMENT?

Your aesthetician will provide you with post care products, as well as on-going skin care recommendations. Immediately after micro-needling is when skin is most receptive to skincare and topicals. It's more permeable than normal because of the pathways micro-needling has created. This allows for absorption of post care

serums and other skincare products.

- Drink plenty of water
- Avoid sunscreen (and sun) for first 2 days so newly channels in skin can absorb provided post care hyaluronic acid.
- Wear a wide brimmed hat and avoid direct sunlight/tanning for a full 2 weeks post treatment.
- Use a fresh pillowcase after treatment, and a clean cell phone.
- Following aftercare instructions and proper ongoing skin care is VERY IMPORTANT to the success of your results. Proper skin care will be recommended to enhance results and reduce irritation, discoloration and sensitivity after the procedure.

WHAT TO AVOID POST TREATMENT

Excessive sweating

Hot tubs

Saunas

Direct sunlight

AHA's (glycolic Acid)

Topical Retinol (vitamin A)

Topical vitamin C

Topical treatments with acidic or active ingredients

Topical makeup

IS MICRO-NEEDLING FOR MEN?

Men appreciate great skin too! Results are completely natural looking. Improvements in texture and volume come naturally from the body's own collagen synthesis. This result is a look that helps a person look younger, but not purposefully enhanced. Also, men who have hair loss love micro-needling!

CAN MICRO-NEEDLING REGROW HAIR?

Like facial micro-needling, scalp needling creates micro-injuries to the scalp. The skin's healing mechanism responds to 'micro injuries' which leads to a rise in important growth factors and stem cells in the scalp, as well as hair growth-related genes to create an increase in hair production.

As a woman, I'm so happy to be rid of my menopausal hairline recession! And my husband is enjoying his own hair regrowth 6 weeks after treatment!

WHO IS NOT ELIGIBLE FOR MICRO-NEEDLING?

- Women who are pregnant, or nursing
- Women using Hormone Replacement Therapy (more likely to experience hyperpigmentation)
- People with a heart condition/pace maker/defibrillator (no exceptions).
- Diabetic
- Chemotherapy
- Epilepsy
- Sick: (cold, flu, etc.) active infection
- Auto immune issues(discuss treatment with your physician)
- Viral Infections/ Disease
- Botox, fillers(allow 3 weeks before and after micro-needling treatment)
- Sunburn, presently on or around area to be treated
- An Allergy to Lidocaine, Tetracaine or Epinephrine
- Hemophilia-bleeding disorder
- Shingles- If you have ever had shingles on your face (procedure could cause a flare up).
- Eczema, Psoriasis or Dermatitis
- Rosacea (severe reddening of the face)
- Taking antibiotics, steroids
- Used Accutane (acne medicine) within the last year.
- Extremely Thin skin (Transparent or Translucent or very vascular)
- Thyroid condition and taking medication for this condition – check with Doctor
- Autoimmune issues
- Scars less than 6 months old
- History of keloid or hypertrophic scarring
- Hepatitis/herpes/HIV
- Scleroderma

ARE RESULTS FROM MICRO-NEEDLING PERMANENT?

While the results are not permanent, you will experience increased collagen production and improvement in your overall complexion long after your last treatment. You can also schedule additional treatments to enhance your results.

WHAT IS THE MINIMUM AGE?

You must be 16 years of age or older.

HOW CAN I BOOK AN APPOINTMENT?

Please contact me through La Lou Salon to book your appointment. 480-776-5726

WHAT SHOULD I DO BEFORE MY TREATMENT?

Drink plenty of water.

Avoid tanning and excessive sun 2 weeks prior to treatment.

Plan vacation 2 weeks after treatment to avoid excess sun exposure.

Use exfoliating skin care products- they are a good pre-treatment prep.

Do not use self-tanners 1 week before treatment.

If you have had or are planning to receive Botox/dysport/xeomin, or other facial injections, allow 3 weeks pre and post micro-needling treatment.

No laser treatments 1 month before procedure.

Avoid waxing 1 week before and after treatment.

Do not workout immediately before procedure.

Stop using retinol and AHA's 2 weeks before treatment.

In order to avoid excessive bleeding, do not take aspirin or Ibuprofen prior to treatment (these thin the blood).

Do not take fish oil, vitamin E, or Vitamin A one week before procedure(they are natural blood thinners).

If you are taking a blood thinner, fish oil, aspirin or any other medication and you have the tendency to bleed more easily while using, please tell your aesthetician.

If you are under a physician's care and taking blood anti-coagulating medicine, always ask your physician prior to each Micro-Needling.

DO I NEED A CONSULTATION BEFORE RECEIVING MICRO-NEEDLING TREATMENT?

Consultations are recommended before first treatment. They are free of charge.