



DIRECT SKIN NEEDLING – Patient information

What is DIRECT SKIN NEEDLING?

Skin Needling is a skin rejuvenation treatment designed to stimulate natural collagen production. Ultra-fine, medical grade stainless steel needles are passed vertically across the skin creating multiple surface skin channels. This treatment is designed to support skin regeneration to help improve skin texture, and to plump and firm the skin giving an overall more youthful and glowing appearance. Skin Needling has many skin health benefits and is most effective in treating:

- Fine lines and wrinkles
- Enlarged pores
- Uneven texture and coarse thickened skin
- Acne scars and stretch marks

It is important to remember that although some results will be seen after the first treatment to obtain best results a course of treatments along with following a prescribed home care plan is required.

Skin needling is best delivered in a course of 4 to 6 sessions. A minimum of 4-6 sessions is required for skin rejuvenation and 6-8 sessions for pitted acne scarring however more may be needed for more sun damaged and aggressively scarred skins. Treatments will be performed at 4–8-week intervals or 6-8 for darker or more mature skins. It takes approximately 6 weeks for collagen synthesis and about 6 months for the full effect of the treatment to be evident. A minimum of 6-8 sessions is required for pitted acne scarring.

You may feel some pressure though you won't feel much pain due to the topical anaesthetic that is applied prior to your procedure

Important Information:

- Smoking reduces the capacity for skin to make collagen, as it is harder to stimulate growth factors. Therefore, it also reduces the skins' natural ability to heal. More bruising may occur following the needling process and therefore results may be limited.

Contra-Indications to Direct Skin Needling:

- Recent surgery(12mths)
- Fillers(2weeks) or Permanent Fillers
- Roaccutane, Blood Thinners or certain medications
- Eczema/Dermatitis/Psoriasis
- Active Cold Sores, Open wounds or Acne
- Rosacea
- Keloid Scaring or abnormal would healing
- Pregnant/Breast Feeding

Common Short Term Side Effects:

- Immediately following the treatment redness and inflammation will be present. Generally, the skin looks red and feels as though it is sunburnt, or wind burnt, the skin can become tight and slightly uncomfortable. This may last for 24-48 hours, during this time you must follow all post care requirements.
- Pinpoint bleeding is to be expected with treatments however skin will not continue to bleed following the treatment.
- Bruising, crusting and light flaking may occur on the days following the procedure.
- Grazing and pustules may also occur but are not common.

Pre-Treatment Information: this information has been given to me during my consultation prior to the procedure

- The skin must be prepared for 2 weeks with SPF30/50+, Vit A and C.
- No sun exposure without SPF30/50+ or recent sunburn
- No waxing for 1week prior
- No IPL/Laser for 2weeks prior

Post Treatment Information: this information has been given to me during my consultation prior to the procedure

Home care:

Do not wash your face or apply any skincare products for 4-6 hours

Day 1-2 post treatment

Cleanse face then apply Oleo gel (white cream in container provided) in the morning and evening.

Day 3-7 post treatment

Cleanse face then apply K-Cutic cream (cream color cream in container provided) in the morning and evening. Day 3 apply face mask provided.

You can resume normal skin care routine after day 7

-Avoid exercise / sweating for 24 hours

-Avoid swimming, sauna's and spa environments for 48 hours

-Sleep on a clean pillowcase at night. Preferably Silk / Satin if possible.

By agreeing to go forward with this treatment you understand that the treatment may involve risks of complication or injury from both known and unknown causes, and you freely assume those risks. Prior to receiving treatment, you have been candid in revealing any condition that may have a bearing on this procedure.

You give consent and authorize Nurse Practitioner Elizabeth Hristov to use all products and equipment that make up the treatment for you. You certify that you have read this entire informed consent you understand and agree to the information provided in the form. All your questions regarding the procedure have been answered satisfactorily.

You release Nurse Practitioner Elizabeth Hristov from all liabilities associated with this procedure. This consent is valid for all my skin needling treatments within the next 12 months.