



Micro-Needling Patient Information

What is the Micro-Needling and what is it used for?

Micro-needling is a treatment that uses tiny needles to cause small controlled injuries in the skin. These small injury points encourage the body to create a wound healing response to renew the skin cells and to increase collagen and elastin production.

Micro-needling is used to treat mild to moderate fine lines and wrinkles, thinning crepe skin, acne scarring, stretchmarks and pigmentation. Micro-needling is also used to as an anti – aging treatment to encourage the production of collagen and elastin.

How often should I have treatment and how many will I need?

Treatments can be carried out every 4-6 weeks. The number of treatments will be based on your indication and advised by your clinician. Generally we recommend a minimum of 3 treatments to see a significant result.

What results can I expect?

Results vary from each individual and can be seen between 2-3 months post treatment as the collagen and elastin production increases. You can expect to see an improvement in the texture and tone of the skin. The skin may start to appear smoother and firmer as well as having a more even and uniform skin colour. The skin can also become plumper due to the increased thickness of the dermis due.

What will I look like immediately post treatment?

Initially post treatment the skin will appear red with possible pin point dots of blood. This is normal and the desired end point of the treatment. The redness can remain for a 2-4 of days depending on the level of treatment carried out by your clinician, but can often last only 24 hours.

Need more information?

Please call **0207 034 5999** or email info@phiclinic.com if you would like further details about your treatment, or to schedule for an appointment.



Micro-Needling Patient Aftercare

Please follow the below recommended aftercare advice to achieve maximum results and to avoid complications

- Avoid exposure to heat such as baths saunas, steam rooms and exercise for up to 48 hours
- Avoid sun exposure, where possible for up two weeks. If unable to do so ensure the application of a broad spectrum SPF 50 + to the area.
- Avoid the use of exfoliating products and Alpha Hydroxy Acid based products for at least 72 hours, as this may cause irritation to the area
- Avoid touching or irritating the treated area. It is common to have incrustation from the insertion points of the micro needles do not attempt to remove these as it may cause damage to the skin.
- Follow a gentle skin care regime for up to 10 days post treatment.
- The skin may become dry and flaky due to the incrustations, if this does occur it is advisable to use a gentle moisturiser.

-

Common side-effects of treatment include:

- Swelling with mild bruising and or redness for 2 – 3 days
- Incrustations from microneedles
- Mild to moderate pain and tenderness

Should you need any further advice, or would like to book in for your next session of treatment, please call 0207 034 5999, alternatively, you can email us at info@phiclinic.com