

Skin Needling - ACNE SCARRING AND WRINKLE REDUCTION

Skin needling is primarily used to plump up the skin and stimulate new collagen and Elastin without damaging the epidermis, and it continues for up to 12 months after each treatment. The treatment can be performed on all skin types and colours and anywhere on the body.

It can be perform three different methods, rolling, single needle application and dermapen stamping, depending on what needs to be treated will determine which method is best. Skin needling will stimulate new collagen growth, activate melanocytes for white scarring and improve acne scarring. it will take several treatments 6 weeks apart. It can be performed in the clinic for faster results and/or home roller kit is available.



Skin Needling could help treat the following condition

- Smooth wrinkles and fill lines
- Improve skin texture
- Relax scars
- Improve depressed acne scarring
- Improve the appearance of new stretch marks
- Fill old surgical scars
- Improve Chicken Pox scars

Note: suitable for all skin types, including dark skin

Design Session

No of treatment : 3-4 treatments

Treatment Interval : 6-8 weeks apart

Treatment time : 15min

Skin Needling Articles

- [Skin Needling - Natural Collagen Renewal](#)
- [Skin Needling and Scar Relaxation](#)

Skin Needling Questions & Answers

What is skin needling?

Skin needling is a procedure pioneered over a decade ago. Skin needling uses multiple surgical needles 2mm long and 0.25 mm in diameter attached to a roller. This roller creates multiple pin-point puncture wound in the skin, extending into the middle dermal layers of the skin. Dermal damage breaks down scarring collagen, and in turn releases growth factors. This causes 'neogenesis' - the formation of new collagen and elastin. Neogenesis forms the basis of scar revision. The new collagen fills the depressed scar from beneath, eventually lifting the depression to a level that approaches the surrounding skin. A similar theory applies to the treatment of **stretch marks**, as micro damage to the dermal layers stimulate elastin formation.

Why is Skin Needling so effective?

Successful collagen remodeling and new collagen productions depend on the accurate targeting of the dermis. Skin Needling to a depth of 2mm ensures the dermis is successfully targeted and micro-injured with each needle penetration. With the epidermis intact and plenty of healthy tissue surrounding each micro injury, new collagen production is induced with minimal harm to skin structures and the skin's protective barrier.

How is it done?

The skin roller causes multiple tiny pin point puncture wounds to the dermis. This dermal damage induces the release of growth factors that stimulate the production of new collagen and elastin. Remodeling of this new collagen continues for 12 months after each treatment.

Skin Needling creates dermal damage without the removal of the healthy epidermis, which happens with other skin resurfacing techniques.

Because the epidermal layer is left intact, the healing period is rapid. The skin does not risk permanent structural damage sun sensitivity, skin colour loss or hyper pigmentation.

Can all skin types be treated?

Skin Needling can be safely performed on all skin types and colours. As the epidermis and in particular, melanocytes in the basal area are left intact; there is no risk of pigment change or post inflammatory hyper pigmentation.

What areas of the skin can be treated?

Skin needling can treat sensitive areas that other treatments have to avoid, such as below the eyes, the neck and the back of hands.

How much time does it take to recover from the Skin Needling Treatment?

The skin is red and swollen for one to two days with a light grazing over the treated area appearing on day two. Most patients are able to return to work within 48 hours of treatment.

Multiple treatments are usually necessary to achieve significant improvement to lines and scars. Treatment effects are cumulative and will usually be seen within 6-8 weeks of each treatment. Treatments can be safely repeated every 6-10 weeks.

In comparison to prolonged recovery time from laser resurfacing and chemical peels, a few days healing time makes Skin Needling a more desirable alternative.

How many sessions of skin needling will I require?

As a guide we recommend 3-4 session, spaced 6-10 weeks apart. The number of sessions depends on your response to the treatments, your ability to deposit new collagen (better in younger skin and non smokers), and most importantly the severity of scarring. We do not recommend treatments at more frequent intervals, as this time frame coincides with maximal collagen remodelling.

Can skin needling be performed if I have acne?

Specialist will not recommend any form of acne scar treatments (apart from treating keloid or hypertrophic scars) if patients have active acne. It is our recommendation that acne is treated and in remission before proceeding to any form of scar revision.

What results can I expect from skin needling?

The majority of patients can expect to see modest results after treatments. Collagen remodelling is maximal several months after the procedure, hence results are best assessed 3 months after skin needling. On average, scars improve by 10%-15% after one treatment.

Fractional laser resurfacing produces better improvements in acne scars than skin needling due to greater stimulation of collagen via heat.

How does my skin look like after skin needling?

Moderate redness is seen 24 to 48 hours after the procedure.

Swelling and bruising can be seen for up to 2-4 days post treatment.

Flaking, peeling and crusting can be seen 3-5 days after the procedure.

Make up can be worn 48-72 hours after the procedure.

Recovery times range from 3-7 days, depending on the extent of the procedure. Your specialist dermatologist will discuss with you the expected recovery at the time of consultation.

Specialist perspective on skin needling for acne scarring

Skin needling is somewhat effective as a treatment for acne scars, however this procedure has been largely replaced by more modern and effective treatments such as fractional laser resurfacing.

In the past I used skin needling as a treatment for acne scars in darker skin types, however with the event of Pro Fractional laser, darker skin types can be safely treated. Fractional laser is probably 30%-60% better than skin needling for the treatment of acne scars. Needling does not provide a reliable variation in depth and density (area treated) compared to laser, which is more precise and reproducible. Additionally, needling does not provide heating of the dermis, which is advantageous in remodelling collagen and treating scars.

In summary, laser treatments have largely replaced skin needling in my practice of acne scar treatments, however due to the lower technology involved in skin needling, this procedure is more cost effective for the patient than laser.

However, it is not suitable for clients who have:

- used Roaccutane within the last 3 months.
- open wounds, cuts or abrasions to the skin.
- had radiation treatment within the last year.
- a current outbreak of herpes simplex (cold sores) or any other infection or chronic skin condition in the area to be treated.
- areas of the skin that are numb or lack sensation.
- Have a history of keloid or hypertrophic scars or poor wound healing.

Who should not undergo this procedure?

Medical skin needling treatment is suitable all skin types, including dark skins.

Does it hurt?

Depending on the area of your face or body being treated and the type of device used, (i.e. needle length) the procedure is said to be well tolerated and in some cases virtually painless; feeling like a mild prickling sensation. However, in the case of medical grade rollers your practitioner will apply a topical anaesthetic to your skin prior to treatment to reduce any pain and discomfort.

The skin will be pink or red in appearance for a couple of hours following medical skin needling treatment, much like a sunburn, with some minor bleeding and bruising possible, depending on the aggressiveness of the procedure, i.e. the length of needle used for the particular indication being treated and the number of times it is rolled across the treatment area. The skin may also feel warm, tight and itchy for a short while. This should normally resolve in 12 - 48 hours.

Are there any side effects?

Side effects or risks are minimal with this type of treatment and typically include minor flaking or dryness of the skin, with scab formation in rare cases. Hyperpigmentation (darkening of certain areas of the skin) can occur very rarely and usually resolves after a month. If you have a history of cold sores, this could possibly flare up after treatment.

What should I do after treatment?

It is very important that you follow the advice of your practitioner carefully after treatment to help make the procedure as successful as possible and to reduce the risk of complications. Post treatment advice may include:

- using tepid water to cleanse the face for the first 48 hours following treatment and drying the area gently without rubbing;
- ensuring that hands are always clean when touching the area treated, to avoid infections;
- not applying conventional make-up products to the skin for the first 12 hours following treatment, some mineral based make-up products are able to be applied as recommended by your practitioner;
- applying a broad spectrum sunscreen product with a high SPF.

