



Post Procedure Info Skin Needling

POST- PROCEDURE INFORMATION

During your skin needling procedure a topical layer of of Medik8 serums are applied to your skin. It is advisable not to wash your skin until the following day to maximise the absorption of the active ingredients.

In the morning cleanse using a mild anti-redness cleanser such as Red Alert® Cleanse or Gentle Cleanse.

Your skin will be bright red and will feel a bit stinging similar to sunburn. The redness will subside over 24 hours, the skin will be sensitive and experience dryness due to epidermal water loss. It may take 3-4 days for your skin to completely settle. There may be some small red blood spots for a few days but these will disappear. If your skin is in poor condition and has a thin epidermis it is possible you may experience bruising.

After a few days the skin may peel in fine layers all over. Use an exfoliant such as Medik8's DAILY SCRUB to help remove flaking and use the HYDRA B5 SERUM to hydrate as often as needed and several times a day during the first few days to rehydrate the epidermis.

Inadequate sun protection during the healing period may result in hyperpigmentation, which normally resolves after about one month. Use a sunscreen and avoid sun exposure until the area has healed. Make up may be used when the skin is completely healed (wait at least 24 hours post procedure). AHA'S and BHA'S can be used to soften and superficially resurface the epidermis but only after the skin has totally recovered from the procedure (3-4 days for most people).

The results will become visible over 6-8 weeks but collagen synthesis can continue for up to 1 year after a treatment. It is important to continue repeating these procedures to keep the skin in a constant state of repair until you receive the results you are wanting. A minimum of 3 treatments is recommended but you may need considerably more.

The use of a personal Medik8 dermaroller alongside application of Medik8's topical vitamin C and A serums for the acceleration of regenerative processes and consolidation of procedure results is highly recommended.

Laser and Lipstick also highly recommend the use of Dr. Moy's regenerative serum with growth factors for serious skin health and regeneration RRP \$197.





Client Consent/Info Skin Needling

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The concept of Skin Needling is based on the skin’s natural ability to repair itself whenever it encounters physical damage such as cuts, burns and other abrasions. Immediately after an injury to the skin our body reuses the damaged collagen and elastin fibres as well as other damaged skin components to produce new ones. Skin Needling allows for controlled induction of the skin’s self repair mechanism by creating micro-“injuries” in the skin which triggers new collagen synthesis. The result is smoother, firmer and younger looking skin. Micro needling is process carried out with a roller that is covered with numerous tiny needles. These needles penetrate the upper layers of skin. This process has two major benefits. It effectively stimulates collagen formation at the same time as providing a micro channel for topical serums to be absorbed more effectively through the top layer (epidermis) of skin. Needling creates a very minor (almost microscopic) trauma which lasts for a short period of time but does not result in downtime. Skin Needling or Micro-Needling is a form of Collagen Induction Therapy which is intended to smooth wrinkles, and improve depressed acne scarring.

As your aesthetician rolls the roller/pen across your skin, it makes pin point punctures into the dermis. Your body perceives this as damage, which triggers the release of growth factors that, in turn, stimulate the production of elastin and collagen. The human body is designed to react to any injury by initiating the healing process, but usually it will just mend as far as it has to keep you in good health – which is very different to healing to a cosmetic level. By persistently triggering this healing process, you encourage your body to keep repairing until the job is done. Needling is safe on all colours of skin and all types of skin. The epidermis and melanocytes in the basal area are not damaged, so there’s no possibility of post inflammatory hyperpigmentation.

You are eligible for Dermarolling if the following applies to you:

- Lack of skin radiance
- Loss of elasticity and epidermal thickness
- Rough and uneven skin texture
- Fine lines
- Wrinkles, Crows Feet
- Broken capillaries
- Hyperpigmentation / Hypopigmentation
- Scars, especially indented acne or chicken pox
- Post surgical Scars
- Skin Dullness
- Dry Skin
- Pre cosmetic Surgery
- Pre injection
- Open pores

Contraindications:

- You suffer with active pustular acne
- Active bacterial, viral or fungal infections
- Eczema and psoriasis
- Rosacea
- Keloid or raised scars/poor wound healing
- Scars less than 6 months old
- Raised moles or warts
- Facial surgery in the past 6 months
- Patients taking blood pressure, blood thinning or heart medications
- Diabetes
- Actinic (solar) keratosis
- Immunosuppression
- Allergy to topical ingredients

Patient’s Name: _____ Contact Phone: _____ Date: __/__/__

I, _____ consent to the treatment known as Medik8 Skin Needling. I understand that the procedure may cause redness, stinging, itching, swelling, tightness, small blood points, dryness and flaking of the area. These sensations will gradually subside over the next few days as the skin returns to normal. Some patients may react differently. In severe cases the skin may turn very red, blister, swell and later scab and crust. The skin may be uncomfortable and look like a very bad sunburn.

Patient’s predisposed to herpes simplex are advised to undertake a course of Acyclovir prior to and post-treatment.

Patient’s predisposed to pigmentation are advised to use Medik8 white balance, prior to and post-treatment.

Use of any retinoic acid or cortico-steroids in the last 6 months: Yes / No

I have read through the contradictions above, and believe I am still a suitable candidate for the procedure.

I have disclosed all relevant medical history to avoid unnecessary complications.

Allergies: _____

Medications: _____

Health issues/skin conditions: _____

Patient’s Signature _____ Date __/__/__