

POST-PROCEDURE CARE

A protocol to help heal sensitive skin after microneedling

by Ekin Ozlen

MICRONEEDLING IS A SUPERPOWER SKIN procedure that can provide a host of benefits to various skin types. The treatment is minimally invasive and can be used on different parts of the body, but is most often applied to the face to treat scars, reduce the appearance of large pores, fine lines, wrinkles, uneven skin tones, and even acne.

HOW MICRONEEDLING WORKS

Microneedling involves inserting microneedles into the skin to create tiny pinpricks, which boosts collagen production and promotes rejuvenation. The process creates micro-wounds to the skin that, when healed, result in younger, fresher-looking skin. Microneedling can even remove long-term acne scars that are notoriously difficult to clear. And one 2017 Brazilian study also found that microneedling, combined with fillers, was an effective treatment for stretch marks on the thighs and abdominal area.¹

As microneedling is a minimally invasive procedure, recovery time is usually quick and immediate side effects are limited to redness, irritation, inflammation, and sun sensitivity. Some industry experts believe you can produce up to around 400 percent more collagen after approximately four treatment sessions, spaced out over a period of six months. Some people pair microneedling with a supercharged serum, which can lessen post-procedure downtime and reduce redness and inflammation to the skin. Regular treatment can restore a more youthful glow by boosting collagen and elastin production.

Like all good things, microneedling does bring some myths and misconceptions, which include that the treatment is painful, may damage the skin long term, cannot be done around the eyes or lips, and can spread bacteria on the skin. All of these myths can be quickly debunked, especially the suggestion that it will be painful since a qualified esthetician will apply topical anesthetic to reduce chances of pain.

A 2018 study published by *The Journal of Clinical and Aesthetic Dermatology* emphasizes its effectiveness particularly in aging skin, highlighting that it was “well tolerated with minimal pain, discomfort, and downtime,” and adding that “side effects were minor and easily managed compared to other invasive technologies.”² Field experts believe the dermabrasion and micro-needling markets will grow by almost 4 percent by 2023.³

Microneedling is also increasingly being recognized as an effective treatment for hair loss, with some evidence suggesting it can promote recovery from alopecia. It works in a similar way to skin treatment in that it creates micro-wounds that help regenerate hair follicle health, as well as boosted collagen production. Preliminary studies suggest it can even help induce stem cells, blood flow, and nutrients in follicles.⁴ Oftentimes, microneedling the scalp will precede topical post-procedure of anti-hair loss products.

Most people are suitable candidates for microneedling, and it is often seen as an option to try before more invasive surgical procedures. Depending on the size of the area of treatment, microneedling treatment can be completed in 20 minutes to two hours (including prep), and can be done at a medical office or even at home.

Some people will opt for an at-home derma roller, though unsurprisingly, procedures completed by an esthetician or physician will prove more effective due to the deeper depth and gauge of the needles. At-home derma rollers tend to be even less invasive than a professional procedure again due to the lessened depth of the needles, but the upside to at-home use is accessibility, cost effectiveness, and frequency of treatment.



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Notes

1. Gabriela Casabona and Paula Marchese, "Calcium Hydroxylapatite Combined with Microneedling and Ascorbic Acid is Effective for Treating Stretch Marks," *PRS Global Open* 5, no. 9 (September 2017): e1474, <https://doi.org/10.1097/GOX.0000000000001474>.
2. Glynis Ablon, "Safety and Effectiveness of an Automated Microneedling Device in Improving the Signs of Aging Skin," *Journal of Clinical and Aesthetic Dermatology* 11, no. 8 (August 2018): 29–34, www.ncbi.nlm.nih.gov/pmc/articles/PMC7595357.
3. MyNewsDesk.com, "Dermabrasion and Micro Needling Market Size to Grow at a CAGR of 3.68 Percent by 2023, Globally," May 28, 2019, www.mynewsdesk.com/us/news-world-center/pressreleases/dermabrasion-and-micro-needling-market-size-to-grow-at-a-cagr-of-3-dot-68-percent-by-2023-globally-2879824.
4. Agnieszka Owczarczyk-Saczonek et al., "Therapeutic Potential of Stem Cells in Follicle Regeneration," *Stem Cells International* (August 2018): 1049641, <https://doi.org/10.1155/2018/1049641>.

KERACELL MD POST-PROCEDURE PROTOCOL

When it comes to any kind of cosmetic procedure, the treatment itself is only the first step. Most surgical or non-invasive dermatological treatments require a powerful topical post-procedure product to speed up recovery, lessen down time, and improve results. That's where Keracell can help.

Combining microneedling treatments with Keracell MD products, designed specifically to be applied to highly sensitized skin, makes healing post-procedure quicker, lessens downtime, and increases results.



Before Keracell post procedure



After Keracell post procedure



FACE MICRONEEDLING

The Keracell MD Re-Cu-Perate Recovery Serum is an intensive clinical formula that is specially formulated to aid the skin recovery process. It should be applied both pre- and post-microneedling to reduce inflammation and scar formation, and speed recovery. It is fragrance-free and contains gentle preservatives for sensitized skin.

SCALP MICRONEEDLING

Immediately after scalp microneedling, apply Keracell MD Follicle & Regenerative Spray. It should be used twice daily to help slow hair shedding and stimulate hair growth for thicker, fuller looking hair. Using a spray instead of a cream post-procedure makes application sanitary, as no direct contact is necessary.