



ACNE MICRO-NEEDLING TREATMENT PRE AND POST INFORMATION

What causes acne scars?

Acne and its causes are the subject of ongoing debate amongst medical investigators and professionals. Acne occurs throughout the world and its occurrence is not solely confined to teenagers. Acne occurs more frequently in males during their adolescence but is more common in women after age twenty. When it affects adult men and women, often they experience more severe consequences. Multiple factors that contribute to acne include hormonal dysfunction, an improper diet (e.g. high sugar intake, cow milk products), food allergies and sensitivities (e.g. gluten, soy, dairy products), intestinal and digestive problems (e.g. constipation, bloating, gas), environmental toxins (e.g. heavy metals, chemicals, xenoestrogens, pesticides), chronic infections, lack of appropriate minerals and nutrients (e.g. low magnesium, zinc, Vitamin C) and excessive sebum production.

Acne treatment usually focuses on a time limited condition. But, sometimes acne treatment becomes a challenge for skin care medical professionals because in some patients acne frequently becomes difficult to treat and control. It becomes a devastating and recurring condition that can lead to acne scarring. In the more severe cases of acne and for reasons not clearly understood, acne scarring occurs in up to 14% of women and 11% of men.

Acne scars are the result of bacterial overgrowth that occurs in the skin follicles after they become blocked by excessive oils and by a change in the keratin (the residual of old skin cells) production process such that it triggers an intense inflammatory response. This intense response by the immune system, at its worst, results in large pus filled pockets leading to the formation of nodules or cysts which lead to scarring of varying degrees of severity. Scarring occurs as the skin attempts to heal. The newly produced collagen becomes disorganized and thickens. Because the epidermis anchors to underlying skin layers, this results in scarring. The scars types are described by their appearance such as "ice-pick", "rolling" or "boxcar". Although most acne treatments target the normal bacteria residing in your skin and pores, the "infections" and pore blockage are usually a secondary response to a potential underlying problem. In order to control or stop the active acne process, one should investigate the potential causes of acne outbreaks. Acne is usually not just about the skin.

How can I treat acne scars?

It is well known that the esthetic disfigurement and the psychological damage caused by acne scarring can last a lifetime. Until recently, the prevailing medical thought was that acne scars are "very difficult" to treat given that past treatment options were so ineffective. This thought includes the more currently available treatment options that also provide limited results.

Unfortunately, the extent of the psychological stress resulting from acne scarring has been seriously unappreciated and misunderstood by the medical community. For many years the medical community felt that few effective treatment options were available. Often the patients were advised to "live with the scarring". Thankfully, you don't have to live with acne scars anymore!

What is Micro-Needling, and how does it permanently reduces acne scars?

A Medical Micro-Needling treatment using the appropriate model is ideal for treatment of acne scars. We use sterile, ultra-fine, surgical strength micro-needles. The micro-needles cause new collagen and elastin to be deposited (collagenases), new capillaries to be formed (angiogenesis) and new skin cells to be created. Depending on the individual skin condition, skin sufficiently resurfaces after 1-3 Medical Micro-Needling procedures. To allow skin cell regeneration, one should wait at least 6-8 weeks between procedures. As aging continues, we recommend one refresher treatment every year.



Before and after treatment:

Prior to procedure: Avoid retinoids, topical antibiotics, exfoliants, hydroquinone, sunburn, and benzoyl peroxide 3 days prior to procedure.

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Day of procedure: Arrive without lotions, makeup, or active infectious acne. Immediately after your Medical Micro-Needling procedure, your health care provider may apply moisturizer and sunscreen topically. Do not take any anti-inflammatory medications such as ibuprofen, Motrin or Advil. These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation. Avoid sun tanning and prolonged exposure to direct sunlight. When exposed to sun, always use sun screen SPF30 or above. You may clean your face with a gentle cleanser before bed.

Day 1: On the next day, you may clean your face as usual and apply makeup, lotions and other topical products as usual. Stay away from exfoliants or glycolic acids that are present in cleansers as these can make your skin very dry after the procedure. Be sure to use an approved SPF30 or greater sunscreen!

Days 2-7: Within two (2) days following your Medical Micro-Needling procedure, you will notice skin dryness and flaking. This is due to an increased turnover of skin cells. During this period, you may apply your regular skin moisturizer. Follow the instructions given to you by your medical professional. If your medical professional used the roller around the eyes, you may have a little micro bruising that may exist for three or four days. This can easily be covered with makeup. Days later, your skin will start shedding. These are skin layers that would regularly shed a week later, but the Micro-Needling brings this skin to the surface sooner. During this temporary process, your skin will shed and be dry.

Days 7+: A week after the Medical Micro-Needling procedure, most patients notice that their skin is smoother and more radiant.

InStyle Magazine - Top Five Celebrity Body Beauty Secrets - In describing Jennifer Aniston's 'Flawless Skin' "Jennifer Aniston reportedly uses the Dermaroller treatment to give her skin a fresh faced, natural look. The roller stimulates the skin to regenerate and repair itself naturally and safely, creating smoother, brighter, healthier, younger looking skin. It can be used on the face, neck and hands and is extremely effective at reducing stretch marks and acne scarring."