

# Skin Needling



A novel therapy for acne scarring, skin rejuvenation and stretch marks.

by DR. MAUREEN ALLEM

The large population of baby boomers is obsessed with outer appearances and is demanding less invasive and less expensive procedures to achieve their goals. Not a week passes without some cosmetic medical breakthrough happening. Skin Needling is one of these novel technologies which results in an almost "side effect free" concept for facial and non-facial skin rejuvenation at an affordable cost.

**S**kin Needling is a medical procedure performed by a medical doctor. The thirty minute in-office procedure triggers growth-factors that are responsible for the production of new collagen and elastin which is deposited in the dermis. After the procedure, the treated skin has the appearance of mild sunburn, which improves over the next 24 hours. Depending on the grade of photo damage and condition of the skin, usually two to four treatments 8 to 12 weeks apart, are required to produce good results as new collagen formation is improved between 200 and 1 000%.

**Skin Needling for acne scars:** While many medical professionals agree that acne causes no real physical damage other than external scars, the mental and emotional damage of acne and the resultant acne scarring can leave lifelong emotional scars. Studies have highlighted that visible acne scars are a real cause of stress, anxiety and embarrassment amongst men and women. Acne scars are notoriously difficult to treat. Skin Needling offers similar results for improving acne scars as the fractionated laser treatments such as Fraxel. The benefits of Skin Needling over fractionated lasers is that fewer treatments are needed at a reduced cost to the patient and Skin Needling is safe enough to be used on all skin types.

**Skin Needling for skin rejuvenation:** Unfortunately a "perfect skin" has not been handed out by nature – it has

to be bought and this usually comes at a high price. No matter how great your skin is at twenty-five, the inevitable signs of ageing will slowly leave their marks on one's face by the time one reaches thirty-five. If these problems are not addressed with the latest cutting edge technologies, the downhill progression is inevitable. Skin Needling is an affordable alternative to lasers for skin resurfacing. After a series of two to four treatments, an improvement of wrinkles, enlarged pores and texture can be expected due to stimulation of collagen and elastin.

**Skin Needling for stretch marks:** Stretch marks have been very difficult to treat traditionally and improvement with home products or lasers is very limited. After Skin Needling, most stretch marks will be improved, but results vary and depend on the severity, age and extent of the stretch marks. Newly developed red stretch marks have the best outcome after a series of treatments. Any area of the body including the arms, love handles and stomach can be safely treated for stretch marks.

Skin Needling has minimal downtime and has negligible complications making it the perfect alternative to traditional skin rejuvenating lasers. The advantage of Skin Needling is that the epidermis, the natural skin barrier, remains intact resulting in no downtime and no post procedural sun sensitivity. Skin needling is a truly walk-in, walk-out affordable procedure and an important tool in the anti-ageing battle. ©