PROJUVENATE®

Patient Information Leaflet: SkinPen® Medical Microneedling

This leaflet provides essential information about SkinPen® microneedling to help you make an informed decision. It covers how the treatment works, what to expect, potential side effects and risks, and pre- and post-treatment care instructions.

What is SkinPen® Microneedling ?

SkinPen® microneedling is a minimally invasive skin rejuvenation treatment that stimulates your skin's natural healing processes to improve firmness, texture, and tone. It is clinically proven to reduce the appearance of:

- ✓ Fine lines and wrinkles
- ✓ Acne scarring and stretch marks
- ✓ Pigmentation concerns, including sun damage, uneven skin tone, and post-inflammatory hyperpigmentation (PIH)

The treatment works by encouraging the production of collagen and elastin, which are essential for healthy, youthful looking skin.

How Does SkinPen® Microneedling Work?

SkinPen® uses a precision-controlled, medical-grade device with sterile, single-use microneedles that create thousands of tiny microchannels in the skin. These controlled micro-injuries:

1. Trigger your body's natural wound-healing cascade
2. Stimulate collagen and elastin production
3. Encourage even skin tone and renewal of pigmented cells

Over time, this leads to gradual improvements in:

1. Skin texture and tone
2. Firmness and elasticity
3. Discolouration caused by pigmentation irregularities

SkinPen® is suitable for all skin types and tones and is safe when performed by a qualified practitioner.

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What to Expect?

Consultation: A comprehensive consultation will include a full health history and a detailed skin assessment. Your practitioner will discuss your goals - such as reducing pigmentation, scarring, or ageing signs - and recommend a tailored plan. Pre-treatment photographs will be taken to track progress.

Procedure: After skin cleansing and topical anaesthetic application, the SkinPen® device is passed over the treatment area. Treatment takes around 30–60 minutes depending on the area.

Post Procedure: Skin may appear pink to red, similar to mild sunburn. Improvements typically develop over several weeks. A course of 3–6 treatments, spaced 4–6 weeks apart, is recommended for optimal results.

Who is a suitable candidate?

SkinPen® microneedling is suitable for individuals looking to improve:

- Fine lines, wrinkles, and texture
- Mild skin laxity
- Acne scars and enlarged pores
- Uneven pigmentation, sunspots, and post-inflammatory hyperpigmentation

It is particularly beneficial for those seeking a non-ablative, collagen-boosting option for clearer, brighter skin.

Contradictions and Cautions:

SkinPen® microneedling is not suitable for individuals with:

- Active skin infections (including cold sores)
- Open wounds, active acne, eczema, or psoriasis in the treatment area
- History of poor wound healing, keloid scarring, or pigmentary disorders such as melasma (assessed on a case-by-case basis)
- Recent sunburn or tanning
- Use of isotretinoin in the last 6–12 months
- Uncontrolled diabetes, autoimmune conditions, or blood disorders
- Pregnancy or breastfeeding

A thorough consultation is required to assess suitability, particularly for those with a history of pigmentation disorders.

Note: Full medical disclosure during consultation is essential for safe treatment planning.

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Potential Side Effects and Risks

SkinPen® is generally well tolerated, with minimal downtime. Common side effects include:

- Redness, warmth, or tightness of the skin
- Mild swelling or tenderness
- Flaking or dryness
- Temporary darkening of pigmentation before lightening (a normal part of the renewal process)

Less common risks:

- Infection
- Prolonged redness or irritation
- Hyperpigmentation or hypopigmentation, especially if sun exposure occurs during healing
- Bruising or pinpoint bleeding

Important: Post-inflammatory hyperpigmentation is more common in darker skin types or if post-care instructions (e.g. sun protection) are not followed.

What to Do if You Experience a Problem

Contact your practitioner immediately if you experience:

- Excessive swelling or pain
- Signs of infection (pus, heat, worsening redness)
- Persistent pigment changes or unusual skin reactions

Pre-Treatment Preparation

To reduce the risk of irritation or pigmentation changes:

1 Week Before Treatment:

- Avoid NSAIDs (e.g. ibuprofen, aspirin)
- Avoid sun exposure or tanning beds

Within 72 Hours Before Treatment:

- Stop use of active skincare products (e.g. retinoids, vitamin C, acids)
- Avoid exfoliation or chemical peels

24 Hours Before Treatment:

- Avoid alcohol or strenuous exercise
- Stay hydrated

Post-Treatment Care Instructions

- Keep the area and hands clean, and avoid pet contact for 24 hours
- Use only the products provided by your clinician
- Do not apply makeup or sunscreen for 24 hours
- Resume SPF 30+ from Day 2 and limit sun exposure for 72 hours

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- Avoid strenuous activity, heat, or sweating for 72 hours
- Follow a gentle skincare routine; no actives (retinoids, vitamin C, exfoliants) for 7 days
- Avoid other facial treatments until approved by your clinician

Final Note: SkinPen® microneedling is a safe and effective option for individuals seeking to improve skin texture, firmness, and pigmentation. Results may vary based on your skin type, concern, and compliance with aftercare.

For more information or to schedule a consultation, please contact our team. If you have any questions or concerns, we are here to provide expert care and support throughout your Projuvenate journey.

Disclaimer: This leaflet is for informational purposes only and does not constitute medical advice. Individual results may vary. A full consultation and clinical assessment are required to determine suitability for treatment. Always follow the advice and instructions provided by your healthcare practitioner. If you experience any unexpected reactions or have concerns, contact your provider immediately. By proceeding with treatment, you confirm that you have read and understood the information provided and have had an opportunity to ask questions.