
Procedure

The treatment area will be anesthetized with a topical agent to minimize pain or discomfort. Once the skin is numbed, a pen device with sterile micro needles will be passed over your skin repeatedly, with gradually increased pressure and depth (but only as is comfortable to you). The amount of bleeding will increase as the treatment goes on. Ideally the procedure will be continued until the whole area bleeds uniformly. Finally the blood will be cleaned off your skin, and a beneficial vitamin A and C oil or cream will be applied to the area to aid healing and help achieve a better result. After the treatment, the area will look swollen with redness and some areas of bruising. You will be able to shower that evening and usually will be able to return to your daily activities the next morning.



Come In For a Skin Consult!



Dr Arno Kroner DAOM LAc is a Board Certified Acupuncturist who practices in Santa Monica, CA. His approach to skin health and rejuvenation is holistic and includes nutrition, constitutional and supplement therapy along with needling the skin.



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Collagen Induction Therapy (CIT)





RESEARCH

In a 2008 study **Aust et al** performed a retrospective analysis of 480 patients in South Africa and Germany with fine wrinkles, lax skin, scarring, and stretch marks treated with PCIT produced tighter, smoother skin. Most patients had only one treatment, but some had as many as four treatments. Patients were prepared with topical vitamin A and C cosmetic creams for a minimum of 4 weeks preoperatively. On average, patients rated their improvement between 60 and 80 percent better than before the treatment. Histologic examination was carried out in 20 patients and showed a considerable increase in collagen and elastin deposition at 6 months postoperatively. The epidermis demonstrated 40 percent thickening of stratum spinosum and normal rete ridges at 1 year postoperatively. CIT is a simple and fast method for safely treating wrinkles and scars.

MUST-KNOW FACTS ABOUT CIT

Microneedling or CIT is a minimally invasive skin treatment in which tiny punctures in the top layer of skin are intentionally created using micro-fine needles. The needles usually measure somewhere from 0.5 to 2 millimeters in diameter.

COLLAGEN BOOST

Collagen production in the skin is crucial to our skin's appearance. Less collagen as we age means more wrinkles, fine lines and skin sagging. So more collagen means a more youthful complexion, and research shows that microneedling can actually boost collagen production.



SCARS & STRETCH MARKS IMPROVEMENT

A 2009 study looked at the effects of microneedling on 37 patients with atrophic facial scarring. Atrophic scars are sunken in the skin and form when the skin is unable to regenerate tissue. Examples of atrophic scars include those resulting from acne and chicken pox.



OVERALL RADIANCE INCREASE

If you look up microneedling before and after pictures, they can be quite impressive! Post-treatment, people often report increased radiance of their skin. After a treatment the skin looks more plump and healthy. The effects are lasting but a treatment every 6 weeks is recommended for maintenance.



DEEPER ABSORPTION OF CREAMS AND SERUMS

An in vitro study looked at the effects of microneedling with various needle lengths including 150, 500 and 1500 micrometers. The researchers studied the effects of treatment on the morphology of the skin surface, transepidermal water loss as well as the penetration and permeation of water-attracting topical compounds like those used in skincare products.



HAIR GROWTH

A study published in 2013 divided 100 test subjects into two groups; one set was treated with a conventional hair loss lotion twice daily and the other received the lotion twice daily plus a weekly microneedling treatment of the scalp. After 12 weeks, 82 percent of the microneedling group reported a 50 percent improvement in hair growth versus only a 4.5 percent improvement in the lotion-only group.

