

# Specialty Skin Care

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## Medical Needling

AN ALTERNATIVE TO LASERS AND DEEP CHEMICAL PEELS

Rob and Carol Trow



C, a brigade of antioxidants, growth factors, and polypeptides.

### PROFESSIONAL SKIN TREATMENTS

Once a client has started on Vitamin A, C and other elements essential to an appropriate skin care protocol, a series of professional treatments should be added to enhance skin preparation. The procedures should be designed to enhance skin health with the operative word being penetration. The use of topical penetration enhancers plus iontophoresis and sonophoresis will go a long way to restoring skin health and creating an environment that adds to the success of any medical procedure.

### COLLAGEN INDUCTION THERAPY— MEDICAL NEEDLING

The principle behind Medical Needling, also called Collagen Induction Therapy, is quite simple. The medical needling instrument is rolled across the area to be treated thereby causing a minute injury to the dermis, which results in the start of the wound healing cascade. This is a medical procedure is preformed with the aid of either a topical or local anesthesia. The patient will experience little or no pain. If treating the entire face, neck and décolleté, some physicians prefer conscious sedation.

There are three primary phases to the body's natural wound healing process. All take place in a predictable series of events according to Laurence Rosenberg, MD of the University of Alabama. The first is the inflammatory phase which is characterized by hemostasis and inflammation. Collagen is exposed at this stage. The second stage is proliferation where epithelialization, angiogenesis and collagen production occur. Fibroblasts and collagen are deposited in the wound at this juncture as well. Collagen deposition continues for some time which results in enhanced results. The final aspect of the wound healing cascade is the maturational process where the wound(s) undergo contraction. The entire process of wound healing is a continuum with overlap all along the way.

The act of creating a wound stimulates the

body to produce its own collagen which is not rejected and can last for as long as five to seven years. It is the body's own production of collagen that results in a tightening of the skin, a lessening of fine lines and wrinkles and a softening and reduction in scarring.

Medical Needling creates a wound to the treated area. A sterile roller with medical needles is rolled across the treated area creating thousands of micro wounds. These punctures then begin the wound healing cascade which causes the body to produce its own collagen, even in peri and post menopausal women. As the body is producing its own collagen, there is no rejection. According to Dr. Fernandes, the leader and pioneer in this field, five days after the injury to the dermis, a fibronectin matrix is laid down along with collagen. This collagen is deposited in the upper dermis just below the basal layer of the epidermis. Collagen Type III is the dominant form in the early stages, later being replaced with Collagen I. It is useful to remember that tiny little islands of skin remain after the needling thereby keeping the skin intact.

### SUMMARY

Medical Needling and Collagen Induction Therapy is a valuable, cost effective and efficacious, medical treatment for fine lines, wrinkles, brow lines, tightening lax skin on most parts of the body, stretch marks and to significantly improve the appearance of acne and ice pick scarring and even to tighten the skin post lipo-suction. Used in combination with at home skin care protocols and in-office professional skin treatments, the results achieved are significant and long lasting. There are also other types of needling instruments for home use to enhance product penetration or shorter, less invasive instruments that require more frequent treatments.

Rob and Carol Trow are distributors of Environ Skin Care in the Eastern United States. Together they have over 40 years experience in the fields of medicine, skin care and education. They can be reached at 508-539-8900 or [info@dermaconcepts.com](mailto:info@dermaconcepts.com) ▲

**M**edical Needling has been used successfully to treat fine lines; wrinkles; lax and photo-damaged skin; to reduce the appearance of stretch marks; and to improve acne, post burn and ice pick scars. It has also been used post liposuction to tighten skin.

This article will describe a new medical procedure performed by physicians that is creating great interest in the cosmetic community due to its efficacy, minimal down time, ease of use, costs and patient satisfaction.

An emerging, simple technology is now receiving substantial attention as it appears to meet the growing needs of cosmetic patients, skin care professionals and physicians. It is a procedure that requires all three parties to play an active role in ameliorating some of the conditions of aging that we so badly want to reverse: the appearance of fine lines, wrinkles, stretch marks, lax skin in the abdominal area, arms and even thighs; ice pick and acne scarring.

A triumvirate of resources is needed to address these conditions in a manner that produces measurable, sustainable and visible results: a skin care professional prescribing (used as a term of art) a home care regimen, professional, in office, aesthetic treatments by licensed estheticians and a minimally invasive medical procedure performed by a physician. Working in partnership, this three pronged approach combines to produce extraordinary, lasting results.

### HOME CARE PROTOCOL

A crucial part of any cosmetic procedure is preparing the skin prior to treatment. We firmly believe that the most essential elements of an efficacious skin care regimen are vitamins A and