

Medik8[®]

SKINCARE BIOTECHNOLOGY™

MEDICAL SKIN NEEDLING

SIMPLE PROCEDURE - REAL RESULTS

A safe, simple and virtually pain-free treatment for:

- Wrinkles and lines
- Lack of skin firmness and elasticity
- Scarring
- Acne and chicken pox scars
- Enlarged pores
- Sun damage
- Pigmentation
- Stretch marks
- Cellulite

PATIENT TREATMENT GUIDE

WHAT IS MEDICAL SKIN NEEDLING?

Skin needling is a safe and increasingly popular skin renewal technique to restore the healthy youthful appearance of your skin at a fraction of the cost of comparable treatments and with minimal or zero downtime.

Skin needling produces comparable results to 'ablative techniques' such as lasers, dermabrasion and deep chemical peels, but is much less invasive and does **not** require the removal of the skin surface.

As a result, healing time is shorter and there is no post-treatment sensitivity to UV light.

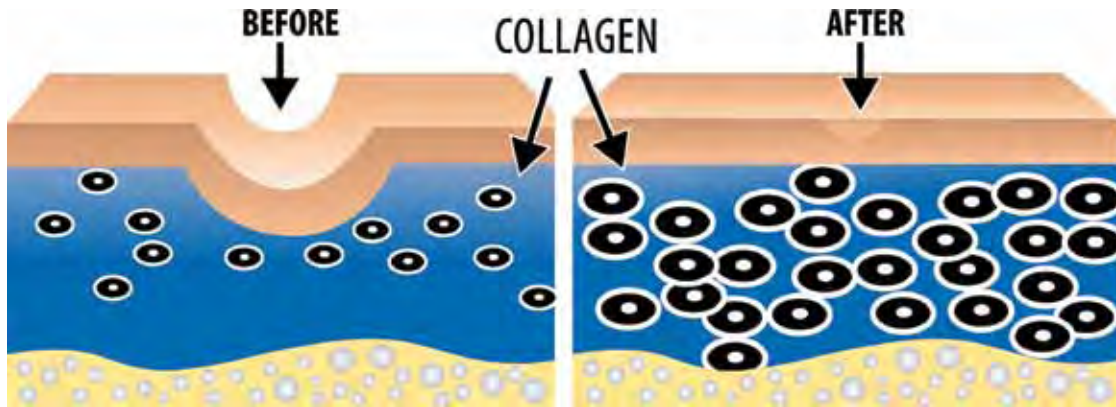
Skin needling produces better results than other "non-ablative techniques" with virtually no pain or post-treatment discomfort.

Skin needling is also one of the few skin therapies that is suitable for treating all skin types, including ethnic skin and fragile skin around the eyes, mouth, hands, neck and décolletage.



HOW DOES SKIN NEEDLING WORK?

The concept of skin needling (also known as Collagen Induction Therapy) is based on the skin's natural ability to repair itself whenever it encounters physical damage such as cuts, burns or other abrasions. Immediately after an injury occurs to the skin, the body removes the damaged collagen, elastin and other structures which are then replaced by new components. Skin needling allows for controlled induction of the skin's self-repair mechanism by creating micro-injuries which trigger new collagen synthesis, yet does not pose the risk of permanent scarring. The result is smoother, firmer and younger looking skin. Results can be quite spectacular.



The micro-needles penetrate the top layers of the skin and create pin-point injuries in the deeper layers. This triggers the body's natural wound healing response.

As a result, new collagen and elastin is formed to reduce wrinkle depth, increase skin elasticity and improve the appearance of scars and other skin flaws.



WHAT RESULTS CAN I EXPECT?

Visible signs of skin rejuvenation are usually seen after just 6 weeks following the treatment and continue to improve for up to a year or more.

Medik8 recommends a minimum course of 3 skin needling treatments, at 6 week intervals to achieve optimum results.

Ageing skin

- Restores skin firmness and tightness to flaccid skin
- Thickens the dermis and enhances dermal compactness
- Smooths away wrinkles, lines, folds and crows feet
- Improves skin texture
- Improves the appearance of large pores

Scars

- Reduces the appearance of atrophic and hypertrophic scars
- Improves scars caused by chicken pox and acne
- Relaxes old scars
- Improves old surgical scars

Pigmentation

- Lightens pigmentation marks

Stretch marks and cellulite

- Improves the appearance of stretch marks
- Improves the appearance of cellulite

* Results obtained after the recommended course of 3 treatments + skin priming

WHAT HAPPENS ON THE DAY?

1

Arrive: The clinic will give you instructions on how to prepare for arrival at the treatment location including instructions on cleansing and make-up.

2

Anaesthetise: Before the procedure commences a topical anaesthetic or local block will be applied to your skin to make it a virtually pain-free experience. It normally takes 45 minutes for the anaesthetic to numb the skin.

3

Application: The practitioner will then gently roll the Titanium Microneedle Roller or carefully press the Titanium Microneedle Stamp into the skin to puncture the outermost layers to create thousands of miniscule sub-cutaneous injuries. You will not feel any appreciable pain. The procedure usually lasts 20 minutes.

4

Depart: The clinic will give you post-treatment instructions.



* Results obtained after the recommended course of 3 treatments + skin priming

HOW WILL I LOOK IMMEDIATELY AFTER THE TREATMENT?

After the procedure, your skin will be red and flushed in appearance in a similar way as moderate sunburn. You will also experience skin tightness and mild sensitivity to touch.

This will diminish greatly after a few hours following the treatment and within the next 48 hours your skin will be completely healed, and there will be barely any evidence that the procedure has taken place.



BEFORE WITH ANAESTHETIC



60 SECONDS AFTER TREATMENT



45 MINUTES AFTER TREATMENT,
WITH MINERAL MAKE - UP

“

When Angelina Jolie attended the Cannes Film Festival this year, she caused a stir -- and not just on the red carpet. Beauty boards buzzed about her radiant skin, speculating on the recent transformation. Was it plastic surgery? A chemical peel? British magazine Grazia claimed to have the inside scoop - derma rolling

”

- Los Angeles Times

HOW SHOULD I PREPARE FOR THE TREATMENT?

1

Skin priming should start 2 weeks before your appointment. Skin priming ensures the best results from skin needling.

The use of stable vitamin C and vitamin A serums in the weeks before skin needling, 'jump-starts' the process of collagen production, accelerating the benefits from treatment.

Medik8 have developed a range of products specifically for skin priming including highly stable vitamin C and vitamin A serums. Conveniently, these products are also recommended for post-treatment healing making Medik8 primers an economical option.

2

Use vitamin C in the morning and vitamin A at night. You should continue with your usual cleansing, moisturising and sun protection routine. Follow the full product directions and any advice given by your skin needling practitioner.

3

Clients prone to hyper-pigmentation are advised to add a lightening treatment such as Medik8 White Balance™ Serum.

Those who bruise easily should use Red Alert® Serum all over the treatment area.

Medik8 Titanium
Microneedle Roller



Medik8 Titanium
Microneedle Stamp



STERILE

Personal Titanium Microneedle Roller and Stamp to enhance product absorption

Day



OR

CE-Tetra®
Vitamin C

C-Tetra®
Vitamin C

Night



OR

Retinol 3 TR™
Vitamin A

Retinol 40™ & Hydr8™ Night
Vitamin A and Night Moisturiser



IS SKIN NEEDLING SAFE?

Yes. Skin needling has been a safe cosmetic procedure in existence for more than 25 years. The treatment is practiced by doctors, nurses and aestheticians all over the world. It is important you select a reputable clinic and speak to the trained practitioner who will carry out your treatment to make sure you understand the procedure.

The Medik8 skin needling treatment is performed by trained experts in a very safe and precise manner, using single-use tools sterilised in the EU and following a peer-reviewed methodology.

Unlike more aggressive (ablative) treatments such as lasers or deep peels, the epidermis stays intact with skin needling. This means much faster healing time and minimises any risk of scarring and hyperpigmentation.

WHY CHOOSE THE MEDIK8 SYSTEM?

Nobody wants to experience pain if it can be avoided. Medik8 have pioneered the use of ultra sharp tapered titanium needles, that can be used in conjunction with topical anaesthetic, making the whole treatment a virtually painless and comfortable experience. Plus, with the Medik8 system, clients benefit from a specially designed priming and post-treatment regime, enhancing results. Importantly, every authorised practitioner has been trained using the recommended Medik8 method.

I have used the Medik8 Titanium Dermarollers on face, neck, décolletage and hands of clients and had great results with it

STERILE | SINGLE-USE

Dr. Stefanie Williams
Dermatologist. London UK.

HOW SHOULD I CARE FOR MY SKIN AFTER THE TREATMENT?

1

It is important to properly care for your skin following a treatment to optimise results. The **personal use** Titanium Microneedle Roller or Stamp can be used on a daily basis throughout the course of treatment to dramatically enhance product absorption and efficacy. Your practitioner will recommend a 0.2 or 0.3mm device.



Medik8 Titanium Microneedle Roller



Medik8 Titanium Microneedle Stamp

2

Topical application of vitamin C and Retinol products (vitamin A) will lead to a dramatic acceleration of regenerative processes and maximise the treatment results. Medik8 Hydr8™ B5 is a super-hydrator for daytime and Hydr8™ Night is designed for mixing with Retinol 40. Ask your practitioner or your professional skin therapist for advice.

Medik8 recommends following this routine up to 3 months after the last treatment.

Day



CE-Tetra®
Vitamin C

OR



C-Tetra®
Vitamin C



Hydr8™ B5
Hyaluronic Acid

Night



Retinol 3 TR™
Vitamin A

OR



Retinol 40™ & Hydr8™ Night
Vitamin A and Night Moisturiser



USING YOUR PERSONAL MICRONEEDLE ROLLER AND MICRONEEDLE STAMP

Medik8 **Titanium** Microneedle Roller

SKIN CONCERN:

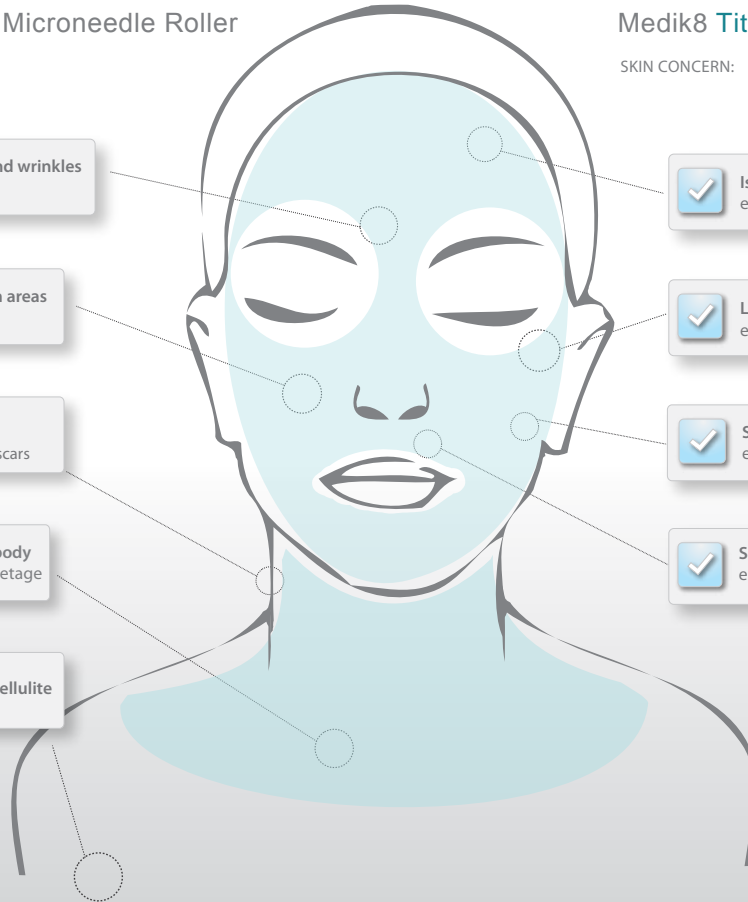
Generalised lines and wrinkles
e.g. forehead

Hyperpigmentation areas
e.g. cheeks, hands

Large scarred area
e.g. major accident/
significant burn scars

Large areas of the body
e.g. neck and décolletage

Stretch marks and cellulite



Medik8 **Titanium** Microneedle Stamp

SKIN CONCERN:

Isolated pigmentation marks
e.g. age spots

Localised lines and wrinkles
e.g. under-eye

Specific, distinctive scars
e.g. acne pits

Small, target areas of the body
e.g. peri-oral area