



NATURAL HEALING FAMILY MEDICINE

LORI WIESER N.D.
NATUROPATHIC PHYSICIAN

I.) Facial Aesthetics

- a.) What is Microneedling?
- b.) Microneedling w/Cosmeceuticals (vitamin solution)
- c.) Micro-needling w/PRP Facial
- d.) Facial PRP injection treatments

Microneedling



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What is it and how does it work?

MicroNeedling, also called *Skin Needling* or *Collagen Induction Therapy (CIT)* is an aesthetic medical procedure that involves repeatedly puncturing the skin with tiny, sterile needles (microneedling the skin) in order to induce endogenous production of cutaneous collagen.

Percutaneous collagen induction (PCI) therapy or medical microneedling is a technique where a fractional microneedling device with fine microneedles has been shown to increase the remodeling of the skin by creating thousands of microscopic channels through the skin, to increase the formation of new tissue by activating the body's wound healing cascade (hemostasis-inflammation-proliferation-tissue remodeling). It is also referred to as a non-ablative skin treatment. This means that the deeper parts of the skin are treated without removing the top layer of skin. It is designed to treat various skin conditions such as fine lines and wrinkles, light scarring from acne and photo damage, and to improve skin color and other skin texture changes.

What is the principal behind Microneedling:

Microneedling is a form of **Collagen Induction Therapy (CIT)**. The idea behind CIT is similar to that of many other non-surgical skin-tightening procedures in that it aims to create a controlled Non-Thermal injury underneath the skin's surface, thereby inducing the body to respond through the formation of new tissue layers of elastin- and collagen fibers (neo-collagenesis) as well as new capillaries for an improved blood supply (neo-angiogenesis) in the

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treated area. The skin plumps and thickens in response to this stimulus, ultimately reducing the appearance of scars, and fine lines and other skin texture changes. It can be used off-label to perform treatments that improve the delivery of drugs [Cosmeceuticals and biological materials such as Platelet Rich Plasma (PRP)]. Whenever we can generate openings in the skin we have an opportunity for topical to penetrate more readily through the channels created.



Microneedling Therapy Review

- **Collagen induction therapy (CIT)**
- Controlled injury without heat that comes with laser therapy
- controlled injury->bleeding->Growth factors stimulate fibroblast->initiate production of collagen.
- little pain and little downtime
- used for all the same indications you would use for laser treatments.
- Mechanical vs thermal injury in laser to get to the different layers of epidermis and dermis so the down time is far less than laser, 24 to 36 hours at the most.
- Microneedling can treat all skin types 1 - 6 vs laser limited in all skin types.
- Microneedling is cheaper than laser.

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- Cosmeceuticals- Contains anti-aging ingredients designed to treat devitalized skin for rejuvenation.
- Microneedling treats acne, acne scars, lifting(improve thin wrinkles), depigmentation.
- In conjunction with PRP



What areas of the body can I have Microneedling with Cosmeceuticals or Platelet Rich Plasma(PRP)?

- Face, Lips, Neck, Décolletage, Hands, and areas of the body affected by Scars, Keloids, Stretch Marks, Acne.

Microneedling with Cosmeceutical MESO NUTRILIFT COCKTAIL:

Meso Nutrilift is applied topically during the microneedling treatment

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Complex mixture for mature skins and/or skins devitalized by situations of stress or toxicity and aging process. Improves capillary micro-circulation and provides all the moisture and nutrients necessary for the skin to regain smoothness, softness and youthful look. Effective on face and body. This product is a powerful antioxidant which restores the vitality, radiance, firmness and youthful glow to the skin.

MesoNutralift:

A potent mix of various anti-ageing ingredients designed to treat devitalized and dry skin.

Ingredients: Aqua, Sodium Ascorbate, Peg-35 Castor Oil, Retinyl Palmitate, Sodium Hyaluronate, Niacinamide Panthenol, Dimethyl Mea, Tocopheryl Acetate, Tiamine Nitrate, Sodium Riboflavin Phosphosphate, Pyridoxine Hci, Sodium Dna, Argilerine Hcl, Potassium Gluconate, Magnesium Gluconate, Sodium Gluconate, Glycine, Aspartic Acid, Proline, Hydroxyproline, Biotin, Methylsilanol Mannuronate, Sodium Benzoate, Potassium Sorbate.

What Is Microneedling With PRP (PRP Facial)?

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Microneedling PRP Facial

Platelet Rich Plasma (PRP) is an extract of your own blood that contains three to five times more platelets, growth factors and active proteins for tissue and injury healing. When PRP is placed back into the skin by injection or microneedling, it initiates a localized stem cell response. Over the weeks and months following treatment, this stem cell response recruits collagen-producing cells called fibroblasts. The fibroblasts replace tissue that has been damaged or lost through the aging process with healthy skin that looks refreshed and rejuvenated. The healing properties of the blood components in PRP can be used as a cosmetic treatment for the following:

- Reducing fine lines and wrinkles
- Tightening and toning skin
- Brightening uneven skin tone
- Mild collagen and volume loss

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- Crow's feet and dark under eye circles
- Large pores /rough texture
- Acne scarring, keloids, surgical scars, and stretch marks
- Rosacea

The process:

1. We will draw your blood and we only need 40 mL of blood so this is quick and painless. The vial is then placed into a centrifuge which separates your PRP (Platelet Rich Plasma, red in color) from the PPP (Platelet Poor Plasma, clear in color). Once processed we will Apply a topical anesthetic to your face and neck.
2. Your PRP will then be microneedled back into your skin. (See above description). This is truly the **only difference** between these two treatments. Instead of using one of our other serums (Cosmeceuticals) we use your body's own PRP. The benefits of PRP cannot be recreated in any cosmetic, cosmeceutical or pharmaceutical product because it's our *body's own cells* creating new tissue and healthy skin.
3. Rinse the plasma "red mask" off 2 to 3 hrs post treatment.
4. We will send you home with your own Growth Factor cream that contains your own PRP to be applied twice daily for 30 days to continue to get benefit of the growth factor signaling molecules to enhancing your skin's regenerative properties.

What to expect:

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- The entire process will take 75-90 minutes.
- Immediately post treatment, your skin will feel very tight and a little tender like you have a sunburn or windburn. Once you rinse the "red mask" off, your skin will be pink for 24-48 hours.
- You might feel a little dry and flaky but this is completely normal and should only last 2-3 days.
- You'll see the benefits of one treatment last 10-12 weeks so it's meant to be done quarterly - once every 3 months.

PRP Facial injection Treatments



PRP can be injected into wrinkles to stimulate collagen production within the dermis of the skin. This uses the body's own physiologic processes to fill in the wrinkles with time. Common treatment areas include: Crow's Feet, Frown Lines, & Tear Troughs. We make sure you are very comfortable during the treatment. The majority of patients do not feel much sensation due to the numbing cream that is applied prior to the procedure.

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