

## Information Microneedling

*The peeling company attaches great importance to informing its customers. We believe that achieving a good result also depends on good information. The purpose of the information below is to inform you about our microneedling treatment. If there are any questions, we would be happy to hear them.*

### What is microneedling?

Microneedling is to give the skin the message to renew itself by creating micro channels in the different skin layers in combination with light vibration. To heal itself as fast as possible, the skin produces more collagen, elastin and hyaluronic acid. These substances are naturally present in the skin and are responsible for the elasticity and firmness of the skin. Another benefit of the treatment is the ability to enlarge the skin's power to absorb, allowing active ingredients to be transported deeper and better into the skin.

### For who is a microneedling treatment suitable?

Wrinkles and fine lines, sun-damaged skin, smoker's skin / dull skin, hyperpigmentation, coarse pore structure and superficial acne scars and off course. also to keep your skin healthy.

### Contra-indications

Microneedling is not suitable for skin with herpes infections such as cold sores, skin cancer, raised birthmarks, infections, skin burns, skin damages; eczema, psoriasis, open wounds. Neither while using antithrombotic medicine, skin thinning medicine, unexplainable conditions, poor wound healing, diabetes (only after consulting a doctor).

### How many treatments is recommended?

Normally we start with a course of three till six treatments and then check whether the desired result has been achieved. How quickly the treatments can follow each other depends on the condition of the skin. Normally, this treatment is repeated once every 4-5 weeks. With microneedling it is not so "the faster in succession, the better and faster the result". The skin needs time to build up and thus improve. Microneedling can also be combined with a peeling. In the case of active acne, it is first important to reduce the inflammation. You can also perform the microneedling at the same time as a peeling. We will tell you more about this during our intake.

### Before the treatment:

Before the first microneedling treatment, an intake interview always takes place first. During this intake we will discuss all personal details with you. After this we talk about the treatment itself, your expectations, possible results and possible contraindications will be discussed in detail. After your approval, photos of your skin are taken with the skin scanner Skin Observe, with the aim of determining our starting point with regard to the result to be achieved. A consent form will also be signed during the intake to give us permission to perform the treatment. (If you are sensitive to cold sores, it is advisable to take the L-Lysine dietary supplement 7 days prior to the microneedling treatment to reduce the risk of an outbreak)

### During the treatment:

At the start of the treatment, the skin is first cleaned, then we apply an anesthetic cream to prepare the skin for the microneedling. This should be absorbed for about 5/10 minutes. Each area is then treated with a different needle length. Which needle length is used partly depends on the skin thickness and surface. On the forehead and around the eyes we use a shorter length compared to, for example, the cheeks. New needles are used with each treatment. New needles are used with each treatment. We NEVER use the same needles twice.

### What can I expect immediately after a treatment?

After the treatment the skin may feel slightly tight, dry and show redness. It will look like you have been in the sun for too long. That same day the redness will still be visible, after one or two days it will be greatly reduced. Good aftercare with skin products is essential. The skin can also be a little bit out of balance during the week. Please do not touch your skin.

### Anesthesia on prescription

If you have a very low pain level, we advise you to apply Emla cream yourself at home beforehand. You can request this from your GP. Apply the Emla cream to the skin 45 minutes before the treatment. This cream numbs the epidermis so that the treatment is not or hardly experienced as painful. If it is not possible to get Emla cream, we will apply an anesthetic cream. However, due to the time, it only stays in place for 10 minutes prior to the treatment. Despite this fact, the treatment is well tolerated by most.

### What should you not do after the treatment?

After the treatment the same day, it is very important to avoid anything on the skin; no water, no cream, no touching or make-up. If you put something on the skin the same day, there is a change of skin irritation. Also no swimming, sauna's, hot water, intensive sporting for 48 hours. Direct sunlight and sunbeds must be avoided for one week after the treatment.

### Do I have to use certain products after the treatment?

To achieve the best result, we provide adapted home advice after the treatment. We recommend that you follow this product advice at home. Important is the daily use of daylight protection (minimum SPF 30). The product advice for at home is part of our service with the aim of improving your skin. It is important to know that our advice does not commit you to anything

### When will the results become visible?

You will probably notice improvements in the structure and appearance of your skin after the first treatment. For optimal results, however, it is recommended to apply the treatment as a cure. Depending on the purpose of the treatment, the number of treatments can be determined. In general, most people see results after 3 to 6 treatments. We would like to emphasize that results depend on various factors. The most important factors for achieving results are; type of skin problem, regeneration capacity of the skin, use of the correct skin care products (including a daily protection against daylight of at least spf30). We will always do our utmost to treat your skin in an expert and fair way in order to improve the skin. However, we can never guarantee results.

### Is the treatment reimbursed by my health insurer?

If you have additional insurance, the treatment of acne scars is usually (mostly) reimbursed by health insurers under acne therapy. The treatment of scars can sometimes be reimbursed under scar therapy or camouflage therapy. This depends on your insurance and its conditions. Inform about this at your health care provider to see what rights to reimbursement you have and check the conditions. You are responsible for handling the invoices with your health care provider.

### Prices:

● Face	€179,-
● Face and neck	€199,-
● Microneedling face & Level 1 Peel	€209,-
● Microneedling face & Level 2 Peel	€229,-
● Microneedling face & Level 3 Peel	€279,-
● Microneedling face & Level 4 Peel	€319,-

### Series of treatments

- With a series of 3 treatment you get a 10% discount on the total price
- With a series of 6 treatments you will receive the 6th treatment as a gift.
- Packages must be directly paid after your first treatment.