An effective and gentle therapy to treat wrinkles, scars, and stretch marks

Nowadays a wide variety of therapies is available to treat wrinkles, acne scars, stretch marks, and other skin imperfections. When referring to the treatment of wrinkles or the effects of aging caused by sun exposure, chemical peelings or abrasive treatments as well as laser treatments have been popular methods in the past. This has changed. Now gentler treatments are available.

These techniques do, however, have the disadvantage that the entire upper layer of the skin, called the epidermis, is worn down and needs to be regenerated, which often takes days and weeks. This is usually accompanied by severe pain and crusting of the aggressively treated skin.
and bears the risk of infection. Later, the skin may become more sensitive, lighter, and more translucent. The sunlight may also cause permanently a harmful interference with the pigmentation.

The side effects make it difficult for the patient to make the right decision when it comes to invasive surface treatments, such as lasers or deep peelings.

A gentle alternative is the so-called Derma Needling - Percutaneous Collagen Induction, which was studied and successfully applied for years in major teaching hospitals:

**Indications:**

- Wrinkles in the face and décolleté
- Stretch marks, also called Striae
- Acne Scars
- Wrinkles around the lips
- Crow's feet lines
- Signs of skin aging

**How can we envision the actual treatment?**

For the treatment, a small roller with 1.5 to 3 mm long fine needles is guided in overlapping sequences over the skin. This creates thousands upon thousands of small micro punctures occur in a specified layer of the dermis. We know this from punctures with an average needle. Each of these punctures produces a tiny drop of blood is in the dermis, which in turn triggers a cascade of wound healing processes in our body.
What does actually happen during the treatment?

In the above-described stimulating process, thrombocytes (small blood platelets) and immune cells are sending out numerous growth factors. These, in turn will stimulate the connective tissue cells to form proteins and particularly elastin and Type I collagen. Involved in this process are especially the so-called fibroblasts, which are able to form a net-like structure of precious high-quality new collagen in the dermis also called corium (leathery skin). It is interesting that the quality of the collagen is far higher after this treatment than after other comparable treatment. Parallel to this process, similar processes are taking place even in the smallest blood vessels, the capillaries. Your inner lining, the epithelium responds to the stimulus caused by the micro needles in the form of growth. Epithelial cells divide and sprout into new capillaries. This process is called neo-angiogenesis. It means that the skin is better supplied with blood, which increases the ability to regenerate the cells.

With the application of suitable products, such as vitamin C, which supports the collagen formation, the process of neocollagenesis and neo-angiogenesis can be improved significantly.

The treatment process

If large surface aerials, classically like the face, neck and décolleté, or in the case of stretch marks the whole abdomen or the thigh, are treated, a gentle short anesthesia lasting 15-20 minutes is recommended - the procedure is performed on an outpatient basis. At the end of the operation there will be no blood droplets, however, the skin is reddened and swollen for the next few hours. A slight sensation of heat or burning is a typical side effect. What remains are many small bleeding spots under the skin that look like freckles. The skin itself is closed without bleeding.

What can I expect after the treatment?
Medical Needling - Collagen Induction Therapy

The treatment does not cause an open wound condition; overall the healing phase is short. It may be useful in the first hours after treatment to apply wet compresses to the skin to absorb any secretions. After about 60-90 min, the recommended skin is purified and ointments can be applied with a high content of vitamins A and C. It makes sense to start with a cream treatment already four weeks prior to the actual treatment, to prepare the skin accordingly. After a period of 3-8 days the swelling has subsided. The first few days following the treatment, it may be useful to take a mild pain reliever.

Over the next six to eight weeks, the tissue reconstruction process described above will be completed. Experimental studies have shown that our epidermis reacts after about eight weeks following such a treatment and shows a strengthening of up to 150%. Due to the high levels of growth factors produced by our own body during the treatment, a so-called reshaping takes place, which is nothing more than an improvement of the connective tissue frame of our skin. Moreover, our epidermis cells have restructured themselves almost back to the same condition they were in 10 or 15 years ago - naturally and with normal thickness, and normally arranged collagen fibers.

Depending on the subjectively defined goal, the treatment can be repeated easily at an interval of eight weeks until the desired medical result is achieved.

Do you have any questions? We welcome your questions online. You may also arrange for a free consultation by calling +49(0)221)-92424-280.