PATIENT INFORMATION · QUICK GUIDE · SKIN HEALTH

SkinPen® *microneedling*

SkinPen® Precision collagen induction therapy

HELEN HUNT MEDICAL AESTHETICS

What is SkinPen® microneedling?

SkinPen® Precision is a medical-grade microneedling device. It creates thousands of tiny, controlled micro-channels in the skin, which trigger your body's natural healing response and encourage new collagen and elastin. Over the following weeks this helps to smooth, firm and refresh the skin. Because no heat is used, it is a gentle option for many skin types.

What happens during the treatment?

1. Your skin is assessed and thoroughly cleansed.
2. A numbing cream is applied to keep you comfortable.
3. A LIFT Hydrogel is applied to help the device glide smoothly.
4. The SkinPen® is passed over the area; most people feel only a slight vibration.
5. A soothing, hydrating product is applied to finish.

At a glance

COMFORT
Numbing cream is used; most people feel only mild sensation

DOWNTIME
Minimal: redness like mild sunburn, usually settling in 24–48 hours

RECOMMENDED COURSE
3–6 sessions, 2–4 weeks apart

RESULTS
Develop gradually over the following weeks

TREATS
Face, neck and selected body areas

COMMONLY USED TO TREAT

- Fine lines and wrinkles
- Acne scarring
- Enlarged pores
- Uneven pigmentation, texture and tone
- Surgical scars and stretch marks

WHY CHOOSE SKINPEN®?

- Works with your skin's own healing
- No heat, so suitable for many skin types
- Minimal downtime
- Natural-looking, gradual results

WHAT TO EXPECT AFTERWARDS

- Pink, warm and tight skin, like a mild sunburn
- Dryness, mild itching or tenderness
- A rough feel around days 3–5 as skin flakes
- Possible mild swelling or a short-lived breakout

AFTERCARE ADVICE

- No make-up for at least 24 hours
- Keep skin dry for 4–6 hours
- Avoid exercise, saunas and heat for 24–48 hours
- Use only the products your practitioner recommends
- Mineral SPF 30–50 daily from day 2
- Don't pick or scrub flaking skin; avoid retinols, vitamin C and acids for 5–7 days

POSSIBLE SIDE EFFECTS

- Temporary redness, swelling and sensitivity
- Dryness, flaking or itching
- Short-lived breakouts
- Cold sore flare in those prone to them
- Infection (rare)
- Pigmentation changes, particularly if flaking skin is picked

IS IT RIGHT FOR ME?

Please let us know if you:

- Are pregnant or breastfeeding
- Have taken Roaccutane in the last 6 months
- Have a cold sore, infection or active acne in the area
- Have a bleeding disorder or take blood thinners
- Are prone to keloid or raised scarring
- Have a recent tan or sunburn

IMPORTANT TO KNOW

SkinPen® microneedling is a safe and well-established treatment, carried out by experienced practitioners who will assess your skin carefully before going ahead. Results build gradually as your skin produces new collagen, so a course of treatments gives the best outcome. Full pre- and aftercare guidance is provided when you book, and again after your treatment. If you have any questions, please call the clinic on 01392 984171.

Begin with a *consultation*

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BOOK ONLINE

Be natural. Be beautiful. Be you.

SCAN TO BOOK

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