

See how the Personal Medik8 Titanium Dermaroller can help with your skin problem:

Pigmentation

Hyperpigmentation is a common, usually harmless condition in which patches of skin become darker in colour than the normal surrounding skin. Its formation is associated with abnormal production of melanin (the brown pigment in the skin) by melanocytes.

Melanocytes are the pigment producing cells situated at the base of the epidermis. Our genetic skin colour is determined by the amount of melanocytes present in the epidermis (the higher the number of melanocytes the darker the skin tone). Melanocytes protect keratinocytes, (cells located in the top layers of the epidermis) from UV-induced mutation and damage by producing and coating the upper layer of keratinocytes with melanin pigment. This process is commonly known as tanning.

In response to different triggers, such as hormones, skin injury, inflammation or medications, melanocytes can start to overproduce melanin, leading to hyperpigmentation if the skin is not protected from UV exposure. Very often, hyperpigmentation results from post-treatment inflammation, for example after chemical peeling, laser resurfacing and other invasive treatments.

A distinct advantage of Skin Needling over other treatment methods is that melanocytes (pigment producing cells) are not negatively impacted, limiting the risk of post-inflammatory pigmentary disorders. Contrary to many procedures, such as peels or laser, Skin Needling can be performed on all skin colours.

By enhancing the penetration of the active ingredients from lightening serums and creams, Skin Needling can greatly enhance the effects of any skin lightening regimen.

It is recommended that you use the 0.2mm version of the Medik8 Titanium Dermaroller to only enhance the penetration of lightening actives at the epidermal level of the skin. Using longer needles may cause deeper penetration of the active ingredients from lightening serums and creams, which is not desirable in treating hyperpigmentation as it is a very superficial skin condition. This does not mean that using longer microneedles with lightening treatments is harmful; however it would not produce optimal results.

Notice: To build up skin tolerance to Skin Needling, allow 3 day intervals between treatments for a minimum of 2 weeks. When your skin becomes adjusted to needling, gradually increase the frequency of use. Do not use more than once a day. If used more than once a day the Medik8 Titanium Dermaroller may cause more inflammation than is aimed for and even cause damage.

Medik8 Titanium Dermaroller Lightening Protocol

1. **STERLISE:** Sterilise the Medik8 Titanium Dermaroller with a sterilising solution and allow to dry before every use.

2. CLEANSE: Cleanse face, neck and décolleté using a Medik8 oneCleanse or your preferred Medik8 foaming cleanser suitable for your skin type and pat skin dry.
3. ROLL: Using a constant, gentle rolling motion roll 10 times back and forth over the treatment area.
4. CORRECT: Apply Medik8 White Balance Serum and allow to absorb.
5. PREVENT:: Apply Medik8 vitamin C Serum - C-Tetra or CE-Tetra and allow to absorb.
6. HYDR8: Finish with Hydr8 Night.
7. FINISH: Clean roller with hot water and return to case, dry.

IMPORTANT:

To address the symptoms of hyperpigmentation, it is crucial that you wear SPF protection during the day at all times. Hyperpigmentation is caused by UV exposure and any treatment undertaken will be quickly undone if you do not change your sun exposure habits. We recommend that you wear Hydr8 SPF25 or your preferred mineral sunscreen of at least SPF15 and stay out of sun between 10am and 3pm.

Treatment duration: 5 – 20 minutes, depending on the speed of rolling and the size of treatment area.

Frequency of use: 2 -7 times per week, depending on skin tolerance. To build up skin tolerance to Skin Needling, allow 3 day intervals between treatments for a minimum of 2 weeks.

Gradually increase frequency of use, when your skin becomes adjusted to needling. Do not use more than once a day.

Optimal treatment time: At night