

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

### **Scars**

Scars are remnants of various type skin injuries such as wounds, cuts, burns, acne outbreaks or surgeries. When an injury occurs and there is a violation of the skin's cutaneous continuity, the human body instantly initiates its self-healing mechanisms to protect itself from microorganisms and water loss. The body starts to produce more collagen fibres to fill and eventually close the wound. The scar tissue is different in structure and appearance to that of healthy skin and often makes the skin look rough and damaged.

Skin Needling scars with the Medik8 Titanium Dermaroller is an extremely effective way of reducing the appearance of scars, especially pitted scars from acne, chicken pox, and other injuries. Only keloid and raised scars are not likely to benefit from the microneedle therapy. All the other scar types should improve greatly with repetitive treatment.

Scar revision with the Medik8 Titanium Dermaroller involves puncturing the scar and its surroundings with microneedles, causing the formation of tiny perforations, which in turn soften the scar tissue and relieve the strain.

This kind of scar perforation leads to softening of the skin in the scarred area and gently relaxing the strained skin. Immediately after the treatment, the micropunctures created in the scar tissue fill with new collagen fibres and the scar undergoes remodelling that leads to a more even skin appearance.

To further enhance new collagen formation in the needled scar tissue and produce more spectacular results, it is recommended that you use the Medik8 Titanium Dermaroller along with Medik8 vitamin C and retinol serums.

Use a 0.2mm version if you have a very thin, delicate or pain sensitive skin or if you are just beginning your home-based Skin Needling treatment.

Use a 0.3mm version if your skin is comparatively thick and resistant to pain or if you are not new to microneedle rollers and would like to obtain more spectacular results than with the Medik8 Titanium Dermaroller 0.2mm.

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 Anti-Scar Protocol**

1. **STERILISE:** 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 scar tissue and the surrounding skin.
4. **PREVENT:** Apply Medik8 vitamin C Serum - C-Tetra or CE-Tetra and allow to absorb.
5. **CORRECT:** Apply Medik8 Retinol 3TR Serum and allow to absorb. Alternatively mix Retinol 40 Boost with Hydr8 Night as per instructions and skip the HYDR8 step.
6. **HYDR8:** Finish with Hydr8 Night.
7. **FINISH:** Clean roller with hot water and return to case, dry

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