



Abb. 3: Deutlicher Unterschied im Resultat.

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Microneedling: A minimal invasive treatment – smoother than before

Microneedling, a relatively new minimal invasive treatment, established itself quickly as an easy, inexpensive, and effective method for gentle facial rejuvenation. As an expert for dermatological procedures Dr. Ev-Charlott Walter uses this practice regularly in her office in Berlin "Dermatologie am Savignyplatz". Despite the treatment concept being skin-protective she consistently recognizes redness of the skin and small oedemas after Microneedling. To illustrate Dr. Walter's solution to calm and provide irritated skin after the Microneedling treatment she will provide us with information and answers in the following article.



Abb. 2: Anschließende halbseitige Anwendung von epi nouvelle+ naturelle (40 Minuten).



Abb. 1: Erscheinungsbild direkt nach einem Microneedling.

Our office – our concept

As a specialist in dermatology and venereology I manage my practise “Dermatologie am Savignyplatz” in Berlin together with the dynamic support of my office assistants and cosmeticians. We always take our time to extensively advice and counsel our patients to find the perfect treatment options for them. To provide their skin with new energy and a fresh radiance we offer aesthetical and medical solutions. We reach our goals we work with innovative treatments and reliable concepts of approach. Furthermore, our cosmetic studio is place to care about the relaxation and wellness of out patients.

Microneedling is a routinely used methods at our practise We have found the solution of reducing the skin irritations, the redness, and the swelling after a Microneedling treatment nearly completely with the products of epi nouvelle+ naturelle (JeNaCell GmbH). In the following paragraphs I would like to report about the positive experience regarding the application of epi nouvelle+ naturelle after Microneedling and

therefore contribute to a long-term establishment of a higher quality in post-treatment practice.

Microneedling – extra fine needles for a gentle treatment

Microneedling is an established, precautious process which enables a controlled surface perforation of the skin employing extremely fine needles. We utilize it for skin tightening, complexion improvements, and scar therapy in the medical as well as in cosmetic-aesthetical practise. Starting circa one month before the treatment the skin is being nurtured with a nourishing serum containing vitamin A, C, and E. The procedure itself is then applied with the Dermapen with the patient receiving topical anaesthesia of the face. In the course of working with the Dermapen horizontal, vertical, and diagonal the body’s tissue repair promotes the neoformation of collagen and elastin and the transdermal transport of therapeutically solutions in the lower layers of skin is accelerated.

Due to micro-damage in the tissue the skin bleeds minimally drying up after five minutes. After circa four weeks each the Microneedling is repeated till the desirable effect is visible.

An integrated treatment concept includes a valid follow-up care

More and more patients choose a minimal-invasive procedure due to the fastness and skin protection it offers. Even though minimal-invasive treatments can be conducted ambulant and patients appreciate the short downtime the consequences of such a procedure are not to be ignored. Regarding the cosmetic point of view the results are excellent but the patient can still be limited in this daily life by the swelling, redness, and pain. To support a faster regeneration, I highly recommend to not finalize the care for the patient too early.

Even though Microneedling is a relatively harmless procedure the post-treatment of the side effects is essential. Next to daily skin care and UV filters it is important to treat the pain. Therefore, we began to standardizes the application of cooling masks from epi nouvelle+ naturelle. The mask is applied directly after the Microneedling in the treatment room for at least 30 to 40 minutes. Epi nouvelle+ naturelle acts cooling and soothing and reliefs the pain in a short period of time. Subsequently the patient receives a mask to take home and is advised to relax with it for 2-4 hours. The results are speaking for themselves: The patients report of less pain, faster reduction of the swelling, and even sensitive persons report of no irritations of allergically reactions due to the nonexistence of preservatives and additives.

Every time we are positively astonished how the tissue repair is quickened by the cooling mask. The joyful feedback of our patients are our motivators.

Further recommendations for application

We are using the facial mask from epi nouvelle+ naturelle mainly for Microneedling. Above that we use the eye mask, lip mask, and facial overlays for wrinkle treatment by injection, laser or photodynamic therapy to reliefs our patients from any post-procedure pain. Furthermore because of the patients concerns for environmental sustainability the masks are approved due to them being free of galantine and 100% vegan.

Conclusion

I can only recommend every doctor's office to create a substantiated concept for an effective post-treatment. Microneedling is one of the many minimal-invasive treatments which comfort can be raised by integrating a pain solution. Both we and our patients are convinced that epi nouvelle+ naturelle, with its longstanding cooling, a lasting positive effect, and its promotion of the skin tissue regeneration, helps us to achieve better and faster results. The uncomplicated usage of the mask gives us the opportunity to present a solution in its entirety to our patients, further than the normal treatment. The rise of the existence and quality of post-treatments and their relevance in expert groups are based on the increasing demand and the positive results – not only for Microneedling.