

Microneedling FAQs

1. What is microneedling? Microneedling, also known as collagen induction therapy, involves using fine needles to create tiny punctures in the skin. These micro-injuries stimulate collagen and elastin production, improving skin texture and reducing scars.

2. Importance of Full Disclosure: Before any treatment, it is essential that you provide complete and accurate information about your medical history, skin conditions, and lifestyle habits (e.g., smoking, alcohol consumption). Failure to disclose this information may result in adverse outcomes for which New Beginnings Day Spa cannot be held liable.

3. Individual Results May Vary: Every person's skin is unique, and while we strive to achieve the best possible outcomes, we cannot guarantee specific results. Even when skin appears healthy, underlying conditions or factors may cause unpredictable reactions. Our before-and-after photos demonstrate potential outcomes but do not guarantee that you will experience the same results.

4. Pre-Treatment Consultations: During your initial consultation, we will discuss the specific risks associated with your chosen treatment. It is crucial that you understand these risks and ask any questions you may have. You will be asked to sign a consent form acknowledging that these risks have been explained to you.

5. Post-Treatment Care: Following post-treatment care guidelines is critical to achieving the best results and minimizing side effects. We provide detailed aftercare instructions, which you must follow diligently. Failure to adhere to these guidelines can lead to complications and less-than-optimal outcomes.

6. Client Responsibilities: Your lifestyle choices, including diet, smoking, and alcohol consumption, can significantly impact the effectiveness of your treatments. You are responsible for managing these factors to support your skin's healing process and maximize the benefits of your treatments.

7. Waiver and Informed Consent: Our waiver is designed to protect both you and our spa. It outlines all potential risks and requires your acknowledgment that you have been informed and understand these risks. This waiver is a legal document, and by signing it, you agree to the terms and conditions stated.

8. Who Should Avoid Microneedling? People with active acne, rosacea, eczema, or other inflammatory skin conditions should avoid microneedling until their skin has calmed down. Pregnant or nursing women, individuals with a history of keloid scars, or those on certain medications (like blood thinners or Accutane) should also consult with a doctor before undergoing microneedling.

9. How Long Does It Take to See Results? Initial improvements may be seen within a few weeks, but full results typically appear after several months, as collagen production continues over time.

10. Is Microneedling Painful? Discomfort varies by individual and treatment area. A topical numbing cream is often applied to minimize pain.

11. How Long is the Recovery Period? Recovery typically takes 24-48 hours, during which time you may experience redness and sensitivity. However, some clients may have residual redness for up to a week.

12. Can I Wear Makeup After Microneedling? It's recommended to avoid makeup for at least 24-48 hours post-treatment to allow your skin to heal and reduce the risk of irritation or infection.

13. How Often Can I Get Microneedling? Treatments are usually spaced 4-6 weeks apart. Frequent sessions can increase the risk of irritation and prolonged redness.

14. Can Microneedling Be Combined with Other Treatments? While it can be paired with treatments like chemical peels, certain treatments should not be combined with microneedling. Always consult with your technician.

15. Additional Considerations for Microneedling:

- **Lifestyle Factors:** Smoking and drinking alcohol, especially in excess, can significantly impact skin health. Smoking reduces blood flow to the skin and depletes vital nutrients like vitamin C, leading to delayed healing and increased inflammation. Alcohol can dehydrate the skin and disrupt its natural barrier, making it more prone to breakouts.
- **Post-Treatment Reactions:** The combination of microneedling, advanced facial treatments, and peels can sometimes cause initial purging where underlying acne surfaces before improving. However, if lifestyle habits are not addressed, this could worsen the condition instead of improving it.
- **Consistency and Aftercare:** Proper aftercare following these treatments is crucial. If recommended skincare routines are not adhered to, or if smoking and drinking continue, it can counteract the benefits of the treatments and lead to less-than-desirable results.