

# Skin Needling

With Clearskincare's Medical  
Novaderm Roller

# Set up

Anaesthetise treatment area with 10% lignocaine cream for 45 minutes prior to treatment ( cream should be rubbed into treatment area every 5 minutes )  
Or anaesthetise treatment area with a suitable local block

You will need:

1. Novaderm Medical Roller
2. 2 gallipots or a dressing pack tray
3. Sodium chloride for irrigation
4. 12 small gauze squares
5. Good lighting



# Skin Needling Protocol

Make sure all local anaesthetic cream is cleansed from the treatment area.

Gently wet the treatment area with sodium chloride.



# Skin Needling Protocol

Commence rolling over the treatment area, whilst holding the skin gently taut.

Minimal pressure needs to be applied to the roller. Redness, then pinpoint bleeding will occur with a few minutes of commencing rolling.

Keep roller movements short and change direction after 6-10 rolls back and forth.



# Skin Needling Protocol

Aim to achieve uniform redness and pinpoint bleeding over the treatment area.

Once uniform pinpoint bleeding is achieved over the treatment area, clean the area gently with moistened gauze.

Recommence rolling the treatment area using the same technique as the first pass.



# Skin Needling Protocol

Roll the treatment area until even pinpoint bleeding is achieved. Cleanse the treatment area again with moistened gauze and recommence rolling the treatment area a third time. The treatment area may begin to become quite macerated at this stage and this is the skin needling treatment endpoint.



# Skin Needling Protocol

Commence rolling new treatment areas after gently cleansing the first treatment area with moistened gauze. Areas already treated with begin to ooze serous fluid and can be covered for the remainder of the treatment with moistened gauze.



# Skin Needling Protocol

Continue rolling the treatment area as before, taking the treatment area to even pinpoint bleeding, cleansing the treatment area, then repeating the rolling again to even pinpoint bleeding. If using local anaesthetic cream alone, the patient may experience pain after the first pass. Application of 2% xylocaine directly onto the skin and then rolling it into the treatment area can often improve the patient's pain tolerance and allow the treatment to continue to the desired endpoint.





# Skin Needling Protocol

Continue rolling as before, until three treatment passes are completed, or for as long as the patient can tolerate the rolling.



# Skin Needling Protocol

Once all treatment areas are completed, gently cleanse them with moistened gauze and pat dry.

Apply a thin layer of vaseline to the treatment areas.



# Skin Needling Protocol

Instruct the patient re post treatment care:

Leave vaseline on overnight.

Shower the following day, no cleanser or products.

No products to be applied to the treatment area for 36 hours post treatment.

Makeup and sunblock can be applied on day 2 post treatment if the treatment area is dry and unbroken.

Normal skincare can be recommenced once the treatment area is completely healed.



# Skin Needling Protocol

Always take before and after photographs if possible. For best results, recommend patients use tretinoin 0.025% in combination with 4% hydroquinone for at least 4 weeks before and continue using these creams throughout the treatment period.

Skin Needling can be repeated every 6-8 weeks until the desired result is achieved.

Each Novaderm Medical Roller can be autoclaved and stored for reuse for that patient. Clearskincare recommends each Novaderm Medical Roller is discarded after 6 treatments.