

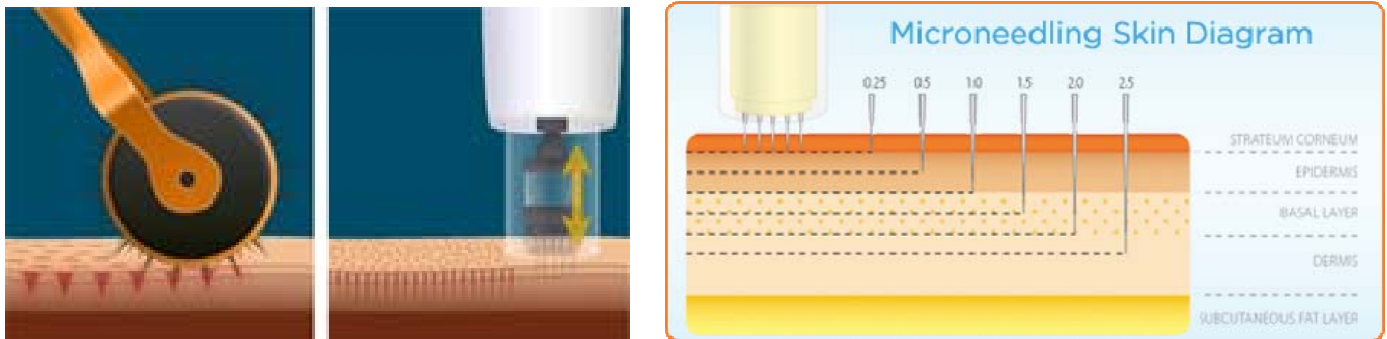


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MMN Skin Rejuvenation Frequently Asked Questions

What is MMN Skin Rejuvenation?

MMN stands for Medical Micro-Needling. It is a simple low cost way of improving the skin's appearance by creating very small wounds in the skin that stimulate new collagen and elastic tissue production that thickens the skin, improves its texture and smoothes out surface wrinkles, stretch marks and scars. It is also used with minoxidil (Rogaine) to improve hair growth. Like fractional laser treatments, the micro-needles create very small skin wounds that stimulate new collagen and elastin formation. These micro wounds also can serve as conduits for skin rejuvenation products to better penetrate the skin, when applied to the surface.



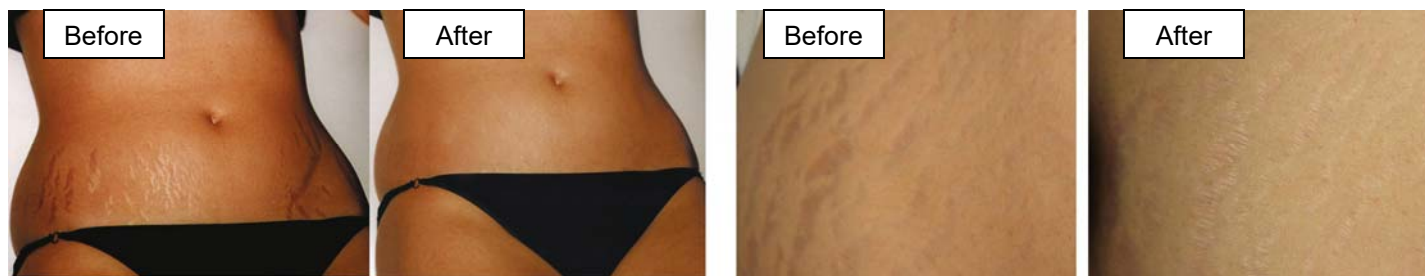
There are a number of different micro-needling devices. The rotating cylinder devices cause more gouging than the vibrating stamping devices. The stamping devices are more precise and the depth of needle penetration can be adjusted, up or down, to achieve best results on different areas on your face and elsewhere on your body. The stamping devices are also better suited for treating small areas, like around the nose, lips and eyes. At the Rutland Skin Center we use the more precise vibrating stamping device.

What conditions can be treated or improved with MMN?

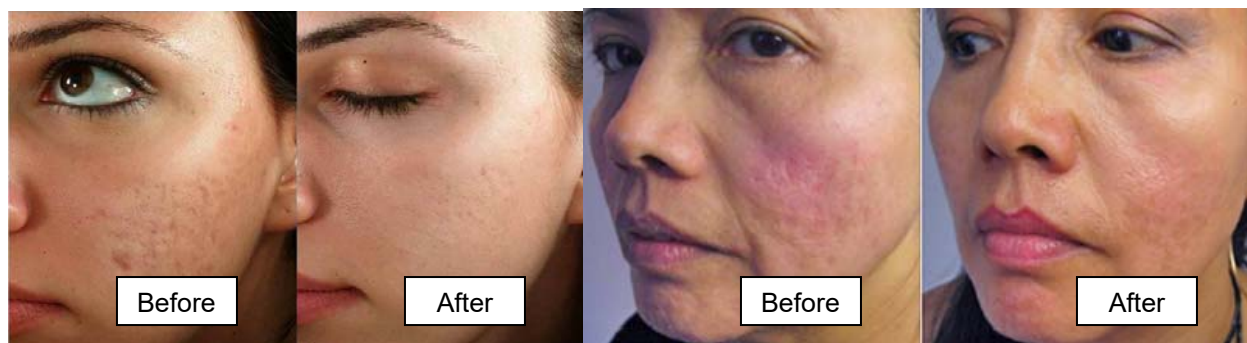
- Fine lines and wrinkles;
- Mildly lax skin & stretch marks;
- Mild to moderate acne scarring; and other types of skin scars
- Rough skin texture
- Hair loss



MMN to improve the appearance of wrinkles



MMN to improve the appearance of stretch marks



MMN to improve the appearance of scars



MMN to stimulate hair growth

What method does Rutland Skin Center use for MMN?

For MMN, we use an electric vibrating (stamping) device made especially for this purpose. It is a pen shaped device with 12 very fine sterile disposable needles at one end. Our machine has an adjustable depth (up to 3 mm) to best meet the need of the skin problem being treated. For better results we combine periodic MMN treatments with daily use of a collagen-stimulating vitamin C containing hyaluronic acid serum and tretinoin (a modified form of vitamin A, also known as Retin-A and Renova). MMN allows these agents to better penetrate below the skin's surface through the channels created by the micro-needle, to better rejuvenate the skin.

Is the treatment uncomfortable?

To minimize any discomfort, a topical numbing cream is applied on the area before treatment. It is removed just before treatment.

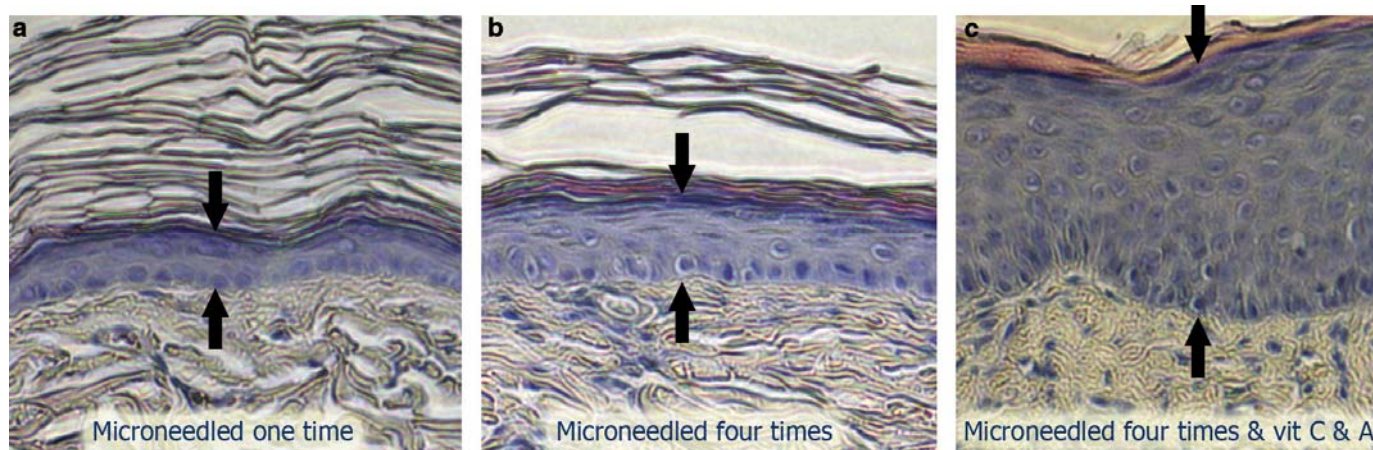
What will I look like after treatment?

There may be a small amount of bleeding during treatment when the deeper needle setting is used to create deeper channels to induce more collagen. This usually stops by the time the treatment session is over. Minimal bruising is sometimes seen, particularly in those prone to bruise, or in those on aspirin-like medicines, or a blood thinner. There may be some redness immediately after the treatment that will diminish significantly within 24 hours, and there may be a

little residual redness for 1 to 3 days. We advise against applying make up for 24 hours following treatment and to use sun protective measures.

How long do I have to wait before seeing results?

Small subtle signs of improvement may be noted within several weeks. Collagen production typically continues for weeks to months, providing a gradual and long lasting enhancement. Although subtle improvement can be seen after only one treatment, best results occur after multiple treatments. For most people, it is advised to have at least three to five treatments. The number of treatment sessions needed to get maximal results will depend on the nature of the problem that is being treated. We recommend spacing the treatments at two to four week intervals. However, MMN for hair growth may take several months to see improvement, and is best done weekly. Additional treatments will likely maintain the results and provide additional improvement. The following shows the skin thickness results from an MMN study in animals.



The living skin layer is between the arrows. The collagen layer is just below the living layer. Note the increased thickness of the skin, particularly after four MMN treatments (3 weeks between each treatment) and daily vitamin C and A applications. The upper dead layer of skin became more compact, and lower collagen level became more dense. This leads to thicker and smoother skin.

What should I do before and after my MMN treatments?

Preparation for MMN treatment

- 1) Please do not wear make-up when coming in for treatment, if possible.
- 2) Wear comfortable casual clothing that will allow easy exposure to the areas being treated.
- 3) Unless you are taking aspirin by necessity for an underlying medical problem, avoid taking aspirin for 10 days prior to your treatment. Check with your medical doctor if you are uncertain if it is safe for you to stop the aspirin. Also, if possible, avoid taking naproxen (Aleve) and ibuprofen (Advil & Motrin) 5 days before treatment. You can resume any of these medications the next day. Avoiding these medicines will help minimize possible bleeding and bruising.
- 4) Avoid using tretinoin (Retin A) or glycolic acid products for 3 days before treatment.

Post MMN Instructions

- 1) Keep the treated area sun protected with clothing or a broad spectrum sunscreen with an SPF of 30 or higher. We recommend a zinc oxide containing sunscreen, starting no sooner than 24 hours after treatment. In the interim, stay out of the sun and wear hats and protective clothing.
- 2) Avoid skin care products like tretinoin (Retin A) or glycolic acid products for a few days after treatment. Use of these products may be irritating to the skin in the first 2-4 days.
- 3) Apply a hyaluronic acid serum containing vitamin C & ferulic acid (a natural antioxidant) to the treated area one to two times daily, starting the morning after treatment. A prescription

- can be provided for tretinoin cream, for additional benefit, if you are not currently using it.
- 4) If you are having MMN to improve the response to minoxidil (Rogaine) for hair loss, hold the minoxidil treatment that evening, but resume it the next day.
 - 5) Avoid wearing make-up for 24 hours after treatment. We recommend mineral makeup.
 - 6) If your treated skin develops a rash or other problems in the days to weeks after treatment, please notify us by calling 773-3553 and speak to one of the nurses.**
 - 7) It is recommended to have several treatments at two to four week intervals, to achieve significant improvement of wrinkles, mild skin sagging, stretch marks and scars. For hair loss it is recommended to have weekly MMN treatments, for at least three to six months. One scientific study showed that after three months of weekly treatments, 82% of MMN treated patients using minoxidil reported more than 50% improvement versus only 4.5% of minoxidil treated patients without MMN treatment.

What are the advantages of MMN over other treatments?

- Dramatically increases the effectiveness of active ingredients in topical preparations
- Stimulates blood circulation and collagen & elastin production
- Much less costly than laser resurfacing procedures
- Much less risk of too much or too little skin pigment compared to ablative laser and deep chemical peel treatments
- Much quicker recovery time than chemical peels and ablative laser resurfacing methods
- Unlike ablative lasers, MMN can be used on all areas of the skin, including the scalp, face, chest, abdomen, and even on fragile skin areas, such as around the neck, mouth and eyes.
- Much lower risk of causing scars or skin infections, compared to ablative laser treatment

How many treatments do I need and how often can MMN procedures be repeated?

MMN can be safely repeated every 2-4 weeks until you achieve the desired results. For collagen & elastin stimulation, we recommend a minimum of 4 to 5 treatments, but with a minimum separation time of 2 weeks between treatments. For scar reduction an average of 5 to 6 treatments are recommended. The number of treatments required will depend on how each individual responds to the treatments, and the extent of the damage being treated. Additional improvement may be gained and maintained with periodic MMN treatments thereafter. Treatments for hair growth are weekly.

What are some of the risks of MMN?

- 1) Some people experience some short-lived bleeding and bruising.
- 2) There is minimal risk of infection.
- 3) There is a very low risk of pigmentary change that, if it occurs, is usually temporary.

Should anyone avoid MMN?

Certain conditions may have higher risk of potential side effects, so some people should avoid treatment, including those who:

- Have used Accutane (isotretinoin) within the last three months, as people who have recently been treated with isotretinoin may have an increased risk of scarring from skin injury.
- Have open wounds, cuts or abrasions on the skin. This would increase the risk of infection.
- Have had radiation treatment to the skin within the last year
- Have any kind of current skin infection, condition, herpes simplex (cold sores / fever blisters) in the area to be treated. MMN could spread the infection.
- Are pregnant or breast feeding, as there is limited data on MMN on these patients to know if there is any risk to the baby.
- Have any history of wounds healing with a keloidal or hypertrophic (unusually thick) scars, or poor wound healing



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2023 Medical Micro-Needling (MMN) Fees

We can train you to treat yourself at home, or you can receive treatments at the Rutland Skin Center. There is a \$139 set up fee for all patients and an additional fee based on the treatment area(s).

MMN Rejuvenation Treatments		Fee*
Training/Set-Up fee (includes free Medical Microneedling Device). Add this to the treatment area fee (see below) to calculate the total training session fee.		\$179
Cosmedica Pure Hyaluronic Acid Serum (2 ounce) for home MMN treatment		\$20
Replacement MMN head		\$4
15% vitamin C serum available at Amazon.com (Skin Beauty Solutions - Ferulic C&E serum)		~ \$35/oz
5% minoxidil solution is available at local pharmacies or amazon.com for < \$10 per bottle		
Full Face without eyelids (#11)		\$275
Full Face with upper and lower eyelids (#12)		\$299
Both upper and lower eyelids (#15)		\$159
Nose or chin or upper or lower lip area or upper lids or lower lids or glabella (between eyebrows) (#2, 3, 5, 14)		\$99
Forehead or area around both lips/mouth (doesn't include chin) or crow's feet areas (#1, 4, 13)		\$125
Area around the lips and the chin (# 6)		\$149
Cheeks (# 8)		\$179
Upper lip & chin and lower 1/3 of cheeks (#7)		\$179
Cheeks & (chin or nose)		\$205
Cheeks, chin and nose; or cheeks, chin and around the lips (#9)		\$215
Cheeks and forehead		\$215
Cheeks and forehead and (chin or nose or around the lips) (#10)		\$249
Hands- sun-exposed side, including digits		\$235
Forearms – sun exposed side		\$375
Neck – front and sides (#16)		\$315
V of chest (décolletage)		\$355
Stretch marks - an estimate can be provided during a free consultation		variable
Acne Scars - an estimate can be provided during a free consultation		variable
Scalp – crown, or frontal or temples only		\$89
Scalp – temples & frontal area above forehead or crown and temples, or crown and frontal scalp		\$129
Scalp – crown, temples & frontal area above forehead		\$159
For those that later decide to continue having their treatments at the Rutland Skin Center, rather than self-treat, the treatment cost depends on the area to be treated, as shown above.		

