

What Is Microneedling and Is It Right for Me?

Microneedling is a minimally invasive treatment that uses very small needles to create tiny controlled punctures in the skin. This stimulates the skin's natural healing process and encourages the production of collagen, which can improve the appearance of acne scars, fine lines, wrinkles, and uneven skin texture.

At Calvert Dermatology, we use microneedling as one of several treatment options to help patients improve the appearance and texture of their skin. Whether it is appropriate for you depends on your skin, your goals, and the condition being treated.

What is microneedling?

Microneedling, sometimes called collagen induction therapy, uses a device with very small needles that gently penetrate the skin. These tiny injuries stimulate the body's natural healing response, including the production of new collagen. Collagen is an important protein that helps give skin its strength and structure. As new collagen develops, the skin may gradually become smoother and more even in appearance. Microneedling can be used for several concerns, including acne scars, certain surgical or traumatic scars, fine lines and wrinkles, and uneven skin texture.

Who may benefit from microneedling?

Microneedling may be helpful for patients who are bothered by acne scars or changes in skin texture and want a treatment that does not require the downtime associated with some more aggressive resurfacing procedures. It can also be used to improve the appearance of fine lines and wrinkles and certain types of scars.

One advantage of microneedling is that it can be used on a wide range of skin tones. However, not every patient or every skin condition is a good candidate. At Calvert Dermatology, we first evaluate your skin and discuss your goals before recommending treatment.

What should I expect during treatment?

Before treatment, your skin will be cleansed and prepared, and a topical numbing medication may be used. The microneedling device is then moved across the treatment area. The needles create controlled micro-injuries in the skin, with the depth adjusted according to the area and the problem being treated. The treatment itself is generally relatively quick, although the total appointment time depends on the size of the area being treated. Afterward, the skin will usually look red and may feel warm, tight, or similar to a mild sunburn.

What Is Recovery Like and How Many Treatments Will I Need?

Most patients experience some redness and sensitivity after microneedling. Mild swelling, dryness, peeling, or tightness can also occur and usually improve within a few days. Your skin may be more sensitive to skincare products and sunlight while healing, so follow your dermatologist's aftercare instructions and use sun protection.

The number of treatments depends on what is being treated and how your skin responds. Some patients see improvement after one treatment, while others may need a series, especially for acne scars. Treatments are spaced apart to allow the skin to heal and produce new collagen. Microneedling can improve the appearance of scars and skin texture, but it does not completely erase scars.

Are there risks or side effects?

Microneedling is generally well tolerated when performed appropriately, but it is still a medical procedure and has potential risks. Common temporary effects include redness, dryness, tightness, itching, peeling, bruising, discomfort, and minor bleeding. The risk of complications is one reason it is important to have microneedling performed by a properly trained medical professional.

Microneedling may not be appropriate if you have an active skin infection, certain inflammatory skin conditions, a tendency to form keloid scars, impaired healing, or certain medical conditions or medications. Your dermatologist will review your medical history and skin before treatment.

Bottom Line

Microneedling is a minimally invasive treatment that stimulates collagen production and can improve the appearance of acne scars, fine lines, wrinkles, and uneven skin texture. Results develop gradually, and multiple treatments may be recommended depending on your goals. At Calvert Dermatology, we can evaluate your skin and discuss whether microneedling is an appropriate option for you, or whether another treatment may better address your particular concerns.

Frequently Asked Questions

When will I see results from microneedling?

Results develop gradually as your skin produces new collagen. Improvement is not immediate and may continue to develop over the weeks following treatment.

Can microneedling remove acne scars completely?

No. Microneedling can make many acne scars less noticeable, but it does not completely remove scars. Some patients need a combination of treatments depending on the type and severity of their scars.

Is microneedling safe for darker skin tones?

Microneedling can be used in people with a variety of skin tones. Your dermatologist will consider your individual skin type and the risk of temporary pigmentation changes when determining whether it is appropriate.

References

American Academy of Dermatology: [Microneedling can fade scars, uneven skin tone, and more](#)

U.S. Food and Drug Administration: [Microneedling Devices: Benefits, Risks and Safety](#)

U.S. Food and Drug Administration: [Potential Risks with Certain Uses of Radiofrequency \(RF\) Microneedling](#)