

# Microneedling Protocol

Microneedling creates controlled, microscopic traumas in the skin, which stimulate our body's creation of collagen and elastin, essentially tricking it into behaving as it did when it was younger. The result is a reduction of fine lines and wrinkles, as well as a more even skin tone and texture. Younger-looking AND younger-behaving skin? Yes, please!

## HERE'S HOW:

### SAFETY FIRST!

1. Start with sterile needles and a sterile treatment area.

- If you are using a microneedling pen, start with a fresh needle cartridge.
- If you are using a microneedling roller or stamper, spray the device with 99% alcohol and allow it to air dry.
- Wash and dry the treatment area.
- Prior to microneedling, wipe the treatment area with an alcohol prep pad or spray with 99% alcohol spray and let air dry.

2. Coat the treatment area with hyaluronic acid to create a slip so that the device glides smoothly over the skin. (If you are stamping, there is no need for hyaluronic acid or any other skincare prior to treatment).

3. Spot treat. I always suggest spot treating the area first to make sure you are not doing more harm than good. This is especially true if you are treating scars, stretch marks, or hyperpigmentation.

4. Start small. Be conservative with the needle depth in the beginning. You can always do more aggressive treatments once you get used to your device and know your recovery time.

## CHOOSING THE NUMBER OF NEEDLES ON YOUR DEVICE:

- If you are using a roller or a stamper, the number of needles has already been decided for you.
- If you are using a microneedling pen, you have various cartridges to choose from, with differing quantities of needles (12, 16, 24, 32, 36, nano) – depending on which microneedling pen model you are using.
- I use the Dr. Pen M8 model and a 16-pin cartridge that can be used on your face as well as on all other body parts.
- Densely packed needles (24, 32, nano) does NOT mean you are getting a better treatment. Remember the analogy of laying on a bed of nails. The closer the nails are spaced, the less perforation to the skin. Reduce the number of nails on the bed, and the result on the skin are deeper micro-traumas. (That's a good thing!) That doesn't mean you should throw away the other cartridges that come with the device though. You can still use them, but when it comes to ordering additional cartridges, I suggest the 16 pin cartridges.

## CHOOSING YOUR NEEDLE LENGTH:

- The depth of the needle is dependent on the thickness of the skin being treated and, to be honest, the pain you are willing to endure as well as the length of the recovery time you are willing to experience.

# MICRONEEDLING PROTOCOL PER BODY PART:

**Note: I use a 16-pin cartridge for all face and body parts.**

## FOREHEAD:

- .25mm - .5mm
- Swirling technique
- 3-4 passes
- Speed 1

## NECK:

- .25mm - .5mm
- Swirling technique
- 2-3 passes
- Speed 1

## EYES:

- .1mm - .25mm
- Stamping technique on upper eyelid and eyebrows
- Swirling technique on lower lids and crow's feet
- 2-3 passes
- Speed 1

## NOSE:

- .25mm - .50mm depending on the thickness of the skin on the nose
- Stamping technique for more control
- 2-3 passes
- Speed 1

## LIPS:

- .1mm - .25mm
- Stamping technique, stay on the perimeter of lips (lip line)
- 1-2 passes
- Speed 1

## CHEEKS, CHIN, AND JOWLS:

- .5mm - 1.0mm (I have gone up to 1.5mm, but rarely)
- .5mm healing time 1-3 days
- 1.0mm healing time 3-7 days
- Swirling technique
- 3-4 passes
- Speed 3

## **ELBOWS:**

- .25mm above the elbow
- Stamping technique
- 2 passes
- Speed 1

## **HANDS:**

- .1mm-.25mm
- Stamping technique
- 3 passes
- Speed 1

## **UPPER ARMS:**

- 1.0mm - 1.5mm on meaty parts  
(I go as deep as 2.0mm)
- Swirling technique
- 3-4 passes
- Speed 3

## **FOREARMS:**

- .5mm - 1.0mm
- Swirling technique
- 3 passes
- Speed 2-3

## **ABDOMEN:**

- 1.0mm - 1.5mm (Sometimes I go as deep as 2.0mm)
- Swirling technique
- 3-4 passes
- Speed 3

## **CHEST:**

- .5mm - 1.5mm
- Swirling technique
- 3-4 passes
- Speed 3

## **THIGHS:**

- 1.0mm-1.5mm (Sometimes I go as deep as 2.0mm)
- Swirling technique
- 3-4 passes
- Speed 3

## **KNEES:**

- .25mm on kneecap
- Stamping technique
- 2 passes
- Speed 1

# POST CARE:

- Coat the area with more hyaluronic acid (HA).
- Do not wash for the next two hours if possible.
- Rinse with cool water.
- Apply a thin layer of Aquaphor or unscented moisturizer.
- Continue to moisturize for the next 2 days.
- Follow with red light therapy treatments for the next 2 days.
- Double up on your collagen supplement for the next 2 days.
- Repeat treatment every 4-6 weeks.

**That's it! Your complete guide to microneedling at home.  
Consistency is key, my friends!**

**If you want my at-home Skincare Gadget Protocol,  
in a convenient printable calendar, be sure to  
sign up for my newsletter.**

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