



---

## **COLLAGEN INDUCTION THERAPY**

**(also known as DERMAL NEEDLING & MESOTHERAPY)**

### **WHAT IS COLLAGEN INDUCTION THERAPY (CIT)?**

Collagen Induction Therapy (CIT), also known as dermal needling or facial mesotherapy, is an exciting new skin procedure used to improve skin texture, smooth wrinkles and fill deep lines, relax and reduce the appearance of scars and stretch marks, and reduce the appearance of hyper-pigmentation, sun spots and enlarged pores.

It has similar results to laser, chemical peels and dermabrasion but is far less damaging to the epidermis, which translates to a far lower risk of complications and quicker recovery time. Improvement in the appearance of scars and lines is achieved through a series of CIT treatments, spaced 2-3 months apart.

CIT can be safely performed on all areas of the skin and on all skin colours and types. There is no risk of scarring or post-inflammatory hyper-pigmentation (discolouration of the skin as a result of skin trauma) as the melanocytes and the dermis remain intact during CIT. This is the major distinguishing safety feature when comparing CIT with other invasive procedures that are used to improve skin texture and treat deep lines and depressed scars, such as laser resurfacing, deep chemical peels and dermabrasion. Matthias Aust, MD, a plastic surgeon in Hannover, Germany, has stated, "Unlike with ablative lasers, there's no risk of scarring... And in addition to stimulating fibroblasts to make collagen and elastin, needling also releases growth factors, which non-ablative lasers don't do." (Deem, M., *ELLE*, 2008)

### **HOW DOES IT WORK? WHAT ARE THE SIDE EFFECTS?**

CIT was discovered in the mid 1990's by dermatologists and plastic surgeons who decided to explore the idea of increasing collagen production by inducing bleeding in the skin via hundreds of tiny needle pricks. They found that they could pierce the dermis using devices with needles one to three millimetres long (which generates collagen and elastin) while leaving the epidermal layer relatively intact. Since its inception, there has been extensive research and development into the techniques, best practices and practical applications of CIT.



---

Treatments can be performed with needle rollers or electric machines, depending on the type of treatment, the area being treated and depth of treatment required. Topical anaesthetic is generally applied to the skin prior to treatment to reduce the discomfort for the client. Specialised skin care is also recommended for use after treatments to increase and stimulate collagen production and to assist with skin healing. Treatments can be safely repeated every 6-10 weeks.

### **HOW LONG DOES IT LAST? HOW DOES IT DIFFER FROM COLLAGEN INJECTIONS?**

Collagen remodelling via CIT in normal skin takes at least 90 days, and as the procedure can stimulate natural collagen and elastin production for up to a year after the treatment, the effects of this treatment may not be fully visible for at least 3 months after the procedure, although initial results can usually be noticed immediately after treatment.

CIT differs from collagen injections as collagen injections involve using an artificial animal source of collagen, which is broken down by the body and therefore disappears after 3 months. Collagen Induction Therapy produces your own natural collagen which is not broken down as easily and lasts for up to 7 years. It is therefore more long-lasting than collagen injections.

### **AFTERCARE**

Typically, the skin is red and swollen for one to two days with a light abrasion, or scratched effect, over the treated area. Most patients are able to return to work within 48 hours of treatment. In comparison to prolonged recovery time from laser resurfacing and chemical peels, a few days healing time makes CIT a more desirable alternative.

It is also recommended that makeup (preferably mineral makeup) is not worn until day 2 or 3, once the top layer of the skin (the epidermis) has repaired itself, and that exposure to the sun is minimal during this period. It is also recommended that swimming (in either chlorinated or salt water swimming pools or the ocean/ rivers) be avoided for the first week after the procedure to reduce the risk of infection from foreign bacteria.

To maximise results and promote healing, it is also important to only use the aftercare and skin care products recommended, or approved, by the Collagen Induction Therapist for at least two weeks after each treatment.