

Procedure Set-Up

Procedure should be done close to a build-in sink.

Materials Needed:

- Plastic Apron
- Face Mask
- Hair Cap- for client
- Disposable gloves
- Facial bed covered with disposable Pads
- Comfortable stool/chair
- Magnifying lamp-covered in barrier film
- Blue barrier film-to cover surfaces and mag lamp, etc.
- Mirror- handheld – Barrier wrapped
- **Sterile Pack** or disposable containers
- Clinell Wipes - to clean surfaces. Kills 99.99% of germs. Surface disinfecting and cleaning. Nontoxic.
- Tissues
- Chlorhexidine Facial antimicrobial cleanser
- Alcohol swabs
- Hyaluronic Acid
- Cotton Rounds- approx. 10 per treatment on disposable plate or in your Sterile Pack Container
- Disposable mascara brush- to clean ECIT heads during procedure (if Necessary)
- Cotton-tips
- Lined dustbin with Biohazard bag
- Sharps Container- for disposable needles
- Anaesthetics of your choice (bought by Client)
- Optrex Eyewash- contains a neutralizing agent to stop stinging from aesthetic (Boric Acid)
- Saline Solution-Soak cotton rounds
- Plastic cup with water and a drop of chlorhexidine liquid(optional)
- After Procedure cream/Serum of choice
- CODE-X Disposable Tips
- CODE-X Digital Machine- covered in barrier film.
- Client After procedure cloth Mask
- **Remember: Always have good lighting during all procedures.**

CODE-X microneedling procedure:

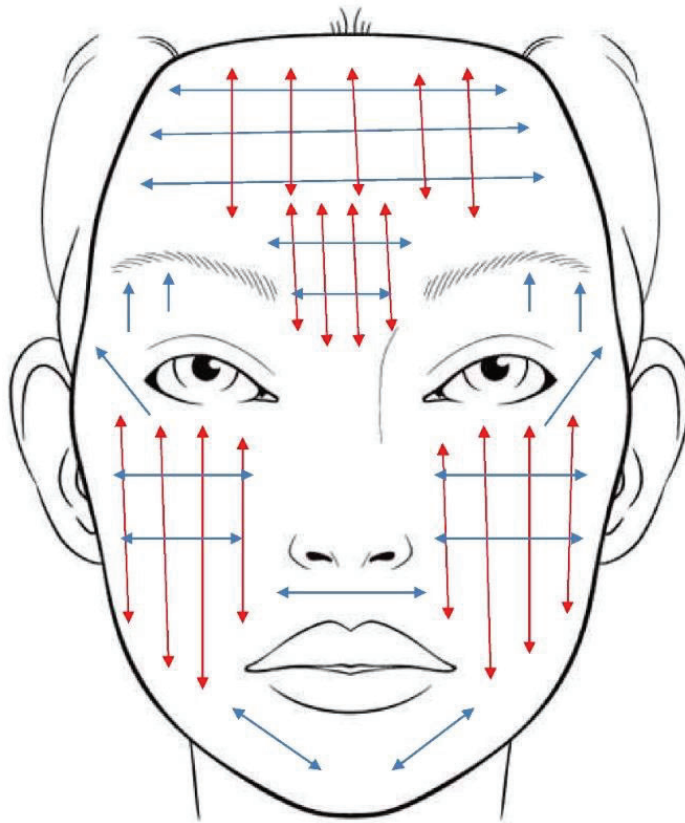
Step 1: Client to fill out consent form. Take before photographs.

Step 2: Cleanse the treatment area with a cleanser, followed by alcohol.

Step 3: Apply a topical anaesthetic to the area and leave on for prescribed time. (take care below and around the eyes). Unless performing a light 0.2-0.5mm microneedling treatment then no anaesthetic is necessary.

Step 4: Remove anaesthetic on area, clean the treatment area again with alcohol to sterilize.

Step 5: Apply Hyaluronic acid Serum and begin microneedling in circular movements with a light pressure and map the face out to avoid over-working an area.



- The eye area requires lighter pressure. Pull the skin down below the eye, to position it over the bone. Get client to close their eyes.
- Where the lines are deeper, pull the skin with a firm stretch and needle slower over these areas, doing a double pass or a slow stamping or Hovering/floating in the area.
- Treat the forehead last, so that it has more time to numb as the anaesthetic has been on longer. Because the forehead is a 'bony' area the client will often be more sensitive.

- If bleeding or pinpoint bleeding occurs during procedure, wipe the skin with cotton pads soaked with saline. It is advisable to only wipe the blood away once the erythema has come up, it is not necessary to clean away the pinpoint bleeding immediately.
- Once the desired endpoint has been achieved and the area has an even erythema, and maybe some pinpoint bleeding. Wipe the area clean with saline.

Step 6: Apply a layer of Hyaluronic serum over area. (if doing LED immediately after microneedling, this should be done before the application of hyaluronic).

Step 7: Give the client their post procedure instructions. Client should follow aftercare instructions carefully.

CODE-X Microneedling Procedure Extra Information:

- Proper holding and stretching of the skin are vital to the procedure and results. Skin needs to be held taut whilst needling with the CODE-X
- The Layout of the of the Needles on the Disposable Tips have been designed for shorter procedure times. By having the needles evenly dispersed throughout the device you can do the procedure in two passes over the skin. This ensures full coverage in minimal time. A third pass over the more **difficult areas** can then be performed slowly with vertical Insertion motions and **slow** forward and backwards movements or circular slow movements.
- The CODE-X Disposable Tip has adjustable needle depths from 0.1mm to 2.0mm. Depending on the procedure, treatment area and Specific skin conditions and concerns you will adjust your needle depth accordingly.
- When treating wrinkles, the skin should be stretched so that the needles touch the base or floor of the wrinkle, if this cannot be achieved by stretching then the needle depth should be lengthened. This applies to all areas being treated.
- Your endpoint should be even erythema and areas of pinpoint bleeding are normal.
- For best results, the CODE-X machine should always be held a 90-degree angle throughout the procedure. **(SEE TRAINING VIDEO)**
- We recommend microneedling on a clean disinfected skin and applying Hyaluronic acid serum directly after the procedure.

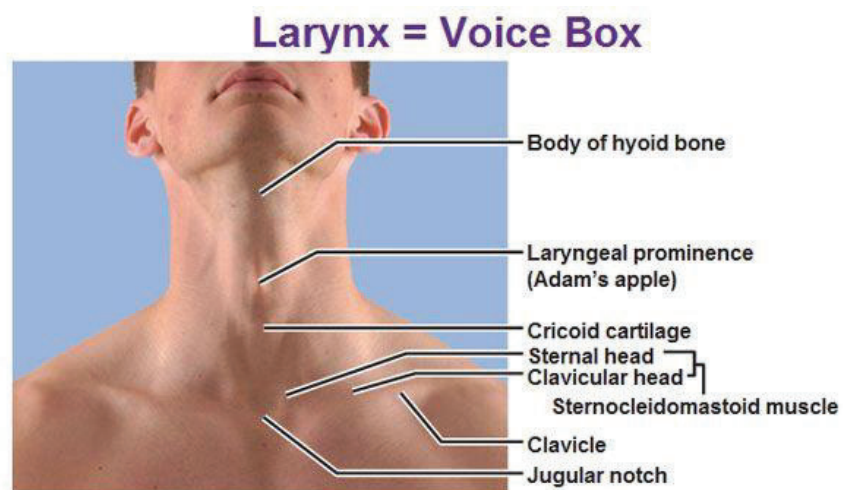
Eye Area

- For fine, thin skin around the eye area (approx. 0.04mm to 0.06mm skin thickness) adjust your needle depth and pressure accordingly.
- If too much pressure is applied, it will result in under bleeding and bruising and if petechiae or hematoma occur stop and apply pressure for a few minutes.

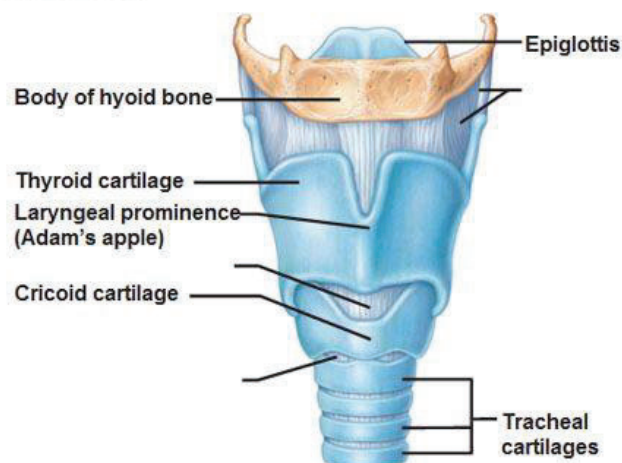
- Hold skin firmly, stretch and pull the skin away from the eyeball under the eye. Use the brow bone to be your working area on the top lid. Be sure that you are working away from the eye before performing the MICRONEEDLING procedure.
- The CODE-X Digital Machine should be set at speed 2 and needle depth at 0.25mm to 0.5mm initially to gauge client tolerance and end point. It is best to work away from the eye itself.

Important tips:

- **The Lip or perioral area** is particularly sensitive and may need anaesthetic for sufficient pain control.
- **The forehead** is another sensitive area to treat due to its bony nature, treating this area last allows the anaesthetic (if used) adequate time to numb. The thinner the skin the shorter the needle depth.
- **The neck** has underlying structures that need consideration, this includes correct stretching and lighter pressure. Needle depth is also a consideration when using the CODE-X machine.
- **Hypertrophic scarring** may need longer needle lengths to break down contracted scar tissue.
- **The endpoint with scarring** is often purpura which is a rash of purple spots which don't dissipate on pressure.



(a) Surface view



(b) Anterior view

VIDEO REFERENCES:



Other Treatment Protocols:

CONDITION	SUGGESTED NEEDLE LENGTH	TREATMENT COURSE GUIDE	BENEFITS OF TREATMENT
Anti-ageing/collagen induction	0.5-1mm Speed 2-4	4-6 treatments 4-6-week intervals	Fibroblast stimulation results in increased collagen production. Smoother, firmer, tighter looking skin. Plumper, skin with a more even skin tone.
Hyperpigmentation	0.5 mm Speed 2-4	4-6 treatments 2-4- week intervals	Increases availability of skin lightening actives. Restores fibroblast function which normalizes cell cross signalling with melanocytes. Normalizes melanogenesis which regulates and rebalances skin tone.
Hypopigmentation	0.5mm Speed 3-4	2-6 treatments 2-4- week intervals	Can stimulate melanocytes to increase pigment and colour of skin.
Hypotrophic/depressed scarring	1-1.23mm Speed 4	6-8 treatments 8- week intervals	Texture of skin becomes smoother. Depressed scarring becomes less visible as the texture of the skin is evened out.
Hypertrophic scarring/stretchmarks	1-1.5mm Speed 4	8-10 treatments 6-8-week intervals	Texture is smoothed. Colour of skin is evened out. Stretchmarks appear less visible as the density of the epidermis is improved.
Rosacea	0.5mm Speed 2-3	4-6 treatments 6-8- week intervals	Stimulates epidermal growth factor which increases the density of the epidermis to lessen appearance of vessels and redness. Strengthens collagen in vessel walls and connective tissue that supports vessels.
Hair Stimulation	0.5-1mm Speed 4	8-10 treatments 4-8- week intervals	Stimulates blood flow. Increases availability of topical actives. Improves follicle vascularization which promotes hair growth and increasing follicle and hair size. Can stimulate hair growth through fibroblast growth factor-7 upregulation.

Post treatment Care:

Aftercare:

- **Immediately after microneedling** the skin will appear red and will look flushed or mildly sunburnt.
- Bruising or areas of pinpoint bleeding may be apparent if the client has had a deeper treatment in certain areas of the skin.
- The skin will feel tight and dry, and can also appear slightly puffy, especially around the eyes.
- There is normally not much discomfort.
- Our Moisturizing Hyaluronic Acid Serum is a good soothing moisturizer at this point.
- Only a medicated, breathable makeup can be applied immediately post procedure, and no sunscreen is to be applied the day of treatment. (Client must keep out of sun)
- **The following day** the skin will still appear to be red, upon waking there is likely to be mild inflammation and swelling around the eyes. (Depending on treatment)
- Medical Mineral make up and SPF can be applied.
- **On day 3**, the swelling will subside, skin can still be slightly pink, and if any bruising occurred during the treatment it should start to lighten.
- Clients may now return to regular skin care products as recommended by their technician. Alcohol based toners should be avoided for 10-14 days and Acids (e.g.: glycolic) are only recommended 14 days after treatment.
- **Days 4-6** there is minimal, if any, redness and swelling. Dry and flaky skin is normal at this point as well as Red bumps especially on the jawline and Décolleté.
- **Normally by day 7**, very few signs of treatment are visible in most clients.
- We recommend a “**lift Off**” Enzyme mask treatment to loosen and remove dry flaky skin.

We recommend you avoid the following activities 48 hours post procedure:

- Sun exposure
- Intense exercise or gym that may cause sweating.
- Sauna, hot baths/showers, spa.
- Self-tanning.
- Swimming in pool or ocean.
- Chemical peels, muscle relaxants or dermal fillers.
- Other facial treatments.
- Occasionally clients with a history of cold sores may have an outbreak post procedure and may need to take an antiviral before treatment.
- Small pustule outbreaks may also occur as well as some bruising.
- Most commonly clients will experience redness, stinging, dryness and flaking after microneedling.

