

Dermarolling instructions

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1. GENERAL SAFETY RULES

Inspect the roller before use. The needles should be straight.

Do not share your roller with anyone! Do not roll your eyelids!

Do not use it on infected or diseased skin such as severe active acne, herpes, blood clotting problems, poor healing, eczemas, psoriasis, fungal infection, wounds, moles etc.

You must disinfect your skin and your dermaroller every time you roll, except when using a roller with needles shorter than 0.3 mm. Buy an alcohol-based disinfectant in the pharmacy for immediate skin disinfection. It is usually a mixture with around 50 to 75% Ethanol, sometimes with other alcohols. Discard the alcohol you have soaked the roller in. Do not reuse it! You can also disinfect your skin with Betadine. Wipe the Betadine off before you roll.

Do not store the roller close to possible sources of contamination. When a toilet is flushed, many micro-droplets get into the air. Keep the roller in a closed container.

A dermaroller can be used on all areas of skin, except for the eyelids. Be extra careful around the eyes. The skin around the eyes is very thin, so do not apply too much pressure. Read more on our forum about [dermarolling around the eyes](#).

After the rolling with needles longer than 0.5 mm try to avoid the sun as much as you can for a day or two and use a sun screen lotion with high protective factor.

After rolling with 1.0 or longer needles, wait two days with applying makeup.

2. ROLLING FREQUENCY

- 0.2 or 0.25 mm long needles can be used every second day at most on the same skin area.
- 0.5 mm long needles can be used max. once per week on the same skin area.
- 1 mm can be used every three weeks at most on the same skin area.
- 1.5 mm can only be used once a month at most on the same skin area. If you have read conflicting advice, please read the [rolling-frequency warning on our forum](#). These are our own guidelines based on extensive medical literature research and the opinions of a variety of experts. We correspond with a top dermatologist and microneedling pioneer as well, so please trust our advice over the irresponsible hype you see on most sites selling dermarollers.
- 2.0 mm can only be used once every six weeks at most on the same skin area, and only if you have the knowledge to judge which part of the skin is thick enough to safely use this needle length.

These are general, conservative guidelines. Males generally have thicker skin and can roll a bit more frequently. Some parts of the body such as the back and buttocks have thicker skin than other areas, and there you can shorten the interval somewhat.

If you have various, large skin areas to roll, you can roll for example the arms on the first week of every month, the legs on the second week of every month, the stomach on the third week of every month, and the chest on the fourth week of every month.

3. HOW LONG DOES A DERMAROLLER LAST

The needles will become blunt after a certain time. Apart from needle quality, this depends on how often you roll, how large the rolled skin areas are, how many times you roll over the skin, how tough and thick your skin is and how strongly you push the needles in. A roller can be used many times and lasts quite a few months, but for serious work on larger areas of skin you'd have to count with around two rollers a year. Rollers with shorter needles that are used much more last shorter. This question is impossible to answer really, because male skin is thicker than female skin. On top of that, scar tissue is harder than ordinary skin, facial skin is soft and thin, etc. A very rough estimation for a 1.5 mm roller is **two rollers per year**. When you feel that the needles don't penetrate as easily as they did when the dermaroller was new, it's time to replace it.

4. ANESTHETICS

If rolling is too painful for you, you can numb your skin. You have these options:

- Numb the area with ice-packs prior to needling. It greatly reduces pain. Keep ice packs clean by washing them with hot water and soap.
- Use a topical anesthetic such as [EMLA cream](#). Apply quite some cream, cover with plastic foil and leave it for 45 to 120 minutes. Wipe it off just before rolling. It will numb your skin for about 30 minutes. Use according to instructions.

Do not use topical anesthetics on large skin areas and never use a dermaroller on skin that still has EMLA on it. Wipe the EMLA off before dermarolling.

EMLA cream is safe if used according to its instructions. If you roll very large areas in one go, it's safest to use ice to numb the skin. You can re-apply ice packs during a rolling session, provided you keep disinfecting the ice-pack.

5. TEMPORARY EFFECTS AND PERMANENT RESULTS

When using a dermaroller with needles longer than 1 mm, you may experience some pinpoint bleeding when rolling. This is normal and harmless. Clean the area with disinfecting alcohol. Apart from the occasional pinpoint bleeding, you will not bleed after rolling, neither will your face swell up for days. Some minor swelling and redness for a day or two could occur.

The rolled area will get red (like sunburn).

The rolled area might start "peeling" a little after some days. Don't pick at the loose skin.

The full cycle of collagen production is a very slow, multi-stage process which can't be rushed. Don't expect quick miracles. It can take up to 10 months to get substantial results. It is essential to stick to the schedule and don't give up after a few rollings. Because progress will be slow but certain, make pictures of your skin before and during microneedling treatment and judge your progress from those.

It is not true that the more frequently you roll the better results you obtain. The skin has to be regenerated after each roll and the initially triggered new collagen will be eventually turned into even a different type of collagen. **Good results often start to appear only after approximately ten months.** After that, with every passing month, if you keep rolling, the results will improve. So if you want substantial, permanent results, you need to roll at least for about 15 to 20 months.

6. MICRONEEDLING PRE-CARE

Buy a medium hard brush. You can also use a new toothbrush (including an electric one) if your areas are not large. Do not wet the brush or the skin. Dry-brush the skin to make the skin easier to roll, to increase the penetrability of the skin to skin care products and to increase blood flow.

Dry brushing by itself brings some improvement to certain scars and stretch marks and makes the skin very smooth and glowing.

Two to four weeks before starting a dermarolling session, dry-brush the skin two or three times a week until it gets red. Do not brush the breasts or face too hard! Don't brush around the eyes.

For optimal absorption, apply vit. C serum (preparation instructions below) immediately after brushing. It may prick a little because it is acidic, but it should not burn. If it burns too much, add more water to your vit. C serum or apply it later after dry brushing.

After brushing, wash the brush with dishwashing liquid in near-boiling water or put it in the dishwasher. Store the brush in a place where it can dry quickly.

If your facial skin is sensitive, do not dry brush. Instead, exfoliate your face or body in the shower with a fine salt (mixed with soap or almond oil if you wish). If the salt is irritating or rough on your skin, use baking soda or ground coffee.

If you like, you can pre-treat with vit. A but it is not required, except when your skin is sun-damaged. In an ideal world, you'd be pre-treating your skin every day with vit. A, C, D and E and it is up to you how far you want to take this.

Vitamin C treatment:

Vitamin A and C are essential for collagen production and sun damage prevention and reversal. However you can't obtain high skin concentrations of vitamin C by taking it orally, this is why you need to apply it to the skin directly.

However, additional oral intake of vit. C is highly recommended. The oral vit. C can be made much less acidic whilst retaining its beneficial properties by mixing it with baking soda (Sodium bicarbonate). But the skin serum has to be acidic (low pH) to be absorbed, so don't mix it with baking soda or use so-called "buffered" vitamin C!

Pre-treat your skin with vit. C four days before rolling/needling to achieve maximum skin concentration.

To make your own vit. C serum - which is extremely beneficial to the skin, you need:

- Water.
- L-Ascorbic acid (powdered crystals of vitamin C) can be bought very cheaply in our web store. Postage is very low as well because it's sent as an ordinary letter. Do NOT use vit. C tablets of any kind. Only 100% pure crystals of L-Ascorbic acid should be used.
- A sealable container. It really must be possible to close it off air-tight because vitamin C oxidizes easily. It is degraded by air, light and heat. That's why you should keep it in the fridge where it is cold and totally dark, except when you open the door, which is of no consequence. We sell small brown glass flasks, perfect to keep vit. C serum fresh.

HOW TO MAKE A 5% VITAMIN C SOLUTION:

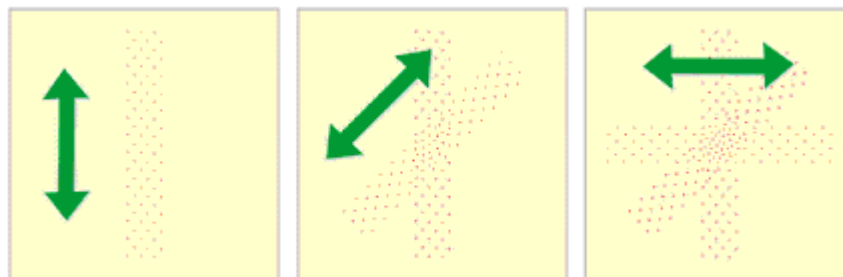
Put nineteen teaspoons of very hot water into the container and add one flat teaspoon of vitamin C. With "flat" it is meant that the vit. C should not be heaped onto the spoon but lying flat, just like the water in the teaspoon. If you wish to prepare a larger quantity, add another 19 teaspoons of water and 1 flat spoon of vitamin C. Alternatively, you can use table spoons instead of teaspoons, or any other method to reliably add one part of vit. C to 19 parts of water. Stir or shake for the crystals to be dissolved. The warmer the water, the faster this goes. This 5% vit. C solution still has the consistency of water and tastes slightly acidic. There is no need to worry that the hot water will degrade the vitamin C. Vitamin C is degraded by food enzymes at lukewarm temperature ranges, and regardless, the water will cool off while you spoon it into the container. It is best to use very hot water, because the warmer the water has been heated, the less dissolved oxygen it contains and oxygen degrades vit. C much more than hot water does. Vitamin C dissolves poorly in cold water.

It's best to apply the serum daily, but you can skip a day or two when you can't spare the time. Vitamin C remains in the skin for several days, gradually diminishing in concentration. Vitamin C is not fat-soluble so before you apply it you must remove oils from your skin (including the Infadolan ointment) otherwise the vit. C will not be able to penetrate your skin through the oily layer. Apply vit. C preferably in the evening since it is sensitive to sunlight. Use your hand or a cotton pad to apply it and you could wash it off the next morning, but it's even better if you don't.

- Recommendation: Wash your skin with oil-free cleanser or soap, apply vit. C serum, wait for half an hour or so and then apply the Infadolan ointment.
- Prepare small quantities of vit. C serum at a time, to ensure it is always fresh and un-oxidized. You should make a new batch approximately once every ten days.
- If the vit. C serum is too irritating to your skin, add more water. If your skin shows no irritation you can add more vit. C powder to your container.

7. DERMAROLLING INSTRUCTIONS

- Wipe the rolling environment (table etc) with alcohol.
- To soften the skin to make it easier for the needles to penetrate and preserve needle sharpness the longest, have a hot bath or long hot shower just before rolling. You can also just steam your face when only rolling the face.
- Wash the to-be-rolled area with soap.
- Wipe the skin and your hands with disinfecting alcohol. Alcohol will evaporate in a few minutes.
- If you like, apply an ice-pack or numbing cream. Remove the numbing cream with alcohol before rolling. When you use ice-packs, clean them with alcohol before applying.
- When rolling, stretch the skin by pulling it with your other hand - it will make needle penetration much easier.
- Roll in a star pattern: about eight times horizontally, 8 times vertically, 8 times diagonally. Roll the dermaroller around eight times in each direction. Back and forth equals two rolls. Use medium pressure - but very light pressure around your eyes, especially with needles longer than 0.5 mm! Do not roll closer to the eye than on the periorbital bone, the bone around the eye socket.



- Try to spread the pricks evenly. You could first only roll the entire skin area horizontally, when you've covered all skin that you want to treat, you roll vertically, and finally diagonally (across). Use whatever technique you are comfortable with, as long as it spreads the pricks more or less evenly.
- Without touching the needles, wash the roller in hot water and dishwashing liquid, rinse it, and then soak it for at least 20 minutes in disinfecting alcohol. The alcohol should at least cover the needles. The needles won't damage if you put them gently in a glass. Air dry the roller on a clean towel or -surface, when totally dry put it back into its container.

8. SINGLE NEEDLE FOR INDIVIDUAL SCARS AND WRINKLES

This chapter is only applicable if you are using our separate single needle for intensive treatment of individual acne scars, stretchmarks, surgical and other scars or wrinkles. We supply a hand-held needle with a diameter of 0.25 mm and a very long taper. Larger diameter needles can cause scarring. These needles are made for us on special order. This way, you can locally get deeper than a 1.5 mm roller can reach, make a high number of pricks per surface area, prick from different angles and successfully "break" (needle-abrade) the hardened scar tissue and/or induce lots of new collagen to gradually fill the scar or the wrinkle. Needling the skin will induce new collagen.

You can re-use the needle. When the needle gets blunt or if it shows any signs of being worn out, you should replace it. To disinfect it, wash it with warm (not boiling hot, it will blunt the needle) water and soap and put it horizontally in disinfecting alcohol for 20 minutes after every use. Take care not to bend or blunt the needle. Keep it in a clean, dry container and never share the needle with anyone. Do not use fire to sterilize the needle - it will get blunt and unusable. The needle is sterile when unopened.

SINGLE NEEDLING INSTRUCTIONS:

Dense needling for stretchmarks and scars

You need many more pricks than with acne scars, depending on how wide and long the scar is. The idea is to get many more pricks in, per surface area, than a dermaroller can - and also deeper. The purpose is to break old scar tissue and remove damaged collagen. This dense needling is called "**needle abrasion**".

You can try to needle-abrade even raised scars but do a test first because the results with raised scars are more unpredictable. This technique should only be used on already scarred skin, and then the effect will be beneficial. It is a slow process but you can work on your scars whenever you have the time.

Make very many pricks per square cm / inch - just be sure not to prick the same skin more than once a month. It should not take more than a twenty seconds per centimeter or a minute per inch (of stretch mark/scar) when you're proficient. Don't forget to stretch the skin!

After a while you'll be able to do it quite quickly. **Never "needle" keloid scars!**

Sparse needling: Acne / chickenpox scars or individual wrinkles

Make 10 to 20 pricks into the scar/wrinkle with the needle, depending on the size of the scar/wrinkle even more. The pricks should be each in a slightly different place in the scar/wrinkle, and be made under different angles. The approximate pricking depth should be 2 mm.

You may see pinpoint bleeding and it will hurt. If you stretch the skin with your other hand, it will make needle penetration easier. Use a numbing cream or an ice pack to numb the skin. Repeat the procedure every month. Do not use too many pricks per cm².

The principle behind this needling procedure is to induce new collagen to fill the scar. **Do not use a needle on active (infected) acne!**

- Pre-treat the skin as explained in Chapter 6.
- Once a month, roll the entire skin area (scars plus surrounding skin) with a 1.5 mm dermaroller to stimulate the surrounding tissue.
- Some people have a very rare condition that causes even tiny skin injuries to heal in the form of a scar. You should first test on one single scar only and see how it heals. The healing time varies per individual and depends on the skin type- and area, it can vary between five and ten days. If it heals well you can do the rest of the scars or wrinkles and be rougher with them with the needle.
- If your test needling heals well, you can start thoroughly pricking several scars or wrinkles a day. The pricks should be rather dense and between 1 and 2 mm deep. Be much more gentle on sensitive areas with thin skin such as the breasts. Wherever you prick always start off gently, if it heals well you can start being more vigorous.
- Always disinfect the skin with alcohol.
- When you use a single needle, stretch the skin by pulling it with your other hand. This will make needle penetration much easier.
- Do not single-needle the same stretchmark, scar or wrinkle more than once a month. If you prick the skin quite densely and vigorously, do it only once every six to eight weeks.
- You can safely use numbing creams such as EMLA on such a small skin area.
- Use the single needle only on scar tissue, not on the surrounding skin.

- Do not go deeper than occasional pinpoint bleeding. Some people get pinpoint bleeding at a depth of 1 mm. Others at 2 mm. Wipe it off with a tissue with some alcohol. After a while you'll get the hang of it. If you wish to make the needle shorter, use the "toothpick trick" described on our forum [here](#).
- Be patient - we got very good results doing this manual technique with a single needle but it took many months. Do not expect that your stretchmarks, scars or wrinkles will fully disappear. They will not disappear but they will become much less visible. Be patient and persevere! A dermaroller can't do this because it would make too many pricks in the "good" surrounding skin, damaging it.
- The scar might start peeling - don't pick at it.
- Do not use a tattoo machine – with about 100 strokes per second it goes way too fast and can't be down-regulated to the speed we need. A tattoo machine can easily make the scar worse. Plastic surgeon Dr. Des Fernandez, inventor of the dermaroller, said:

“However, we have to realize that if one did the deeper needling at the density of a tattoo, then the skin would be scarified, and sure one would get a lot of collagen (in the form of scar tissue) and not a restoration of the complex elastin and collagen network which we aim to achieve with needling. However, deeper scars need greater penetration with the needle... ...Even if the extra needling is done by hand with a single needle, this is well worthwhile doing”.

- Do not use an ordinary tattoo needle. Their diameter is 0.35 mm, which is too large and causes more scar tissue to appear. Do not use any other needle that is not suitable, as explained [here](#). Using a single needle is a laborious process but you can do it bit by bit, whenever you have some time left.

This is an **enlarged** example of single-needling the skin. Normal skin, no stretchmarks - this is just an example of how the skin will look like afterwards:



The three rows have been pricked with increasing vigor, density and depth. Some swelling afterwards is to be expected. You should prick your scars as least as much as in the top example and no more than in the bottom example.

Again, it takes a long time to achieve results - but those results will be permanent. Patience is key. It *will* get better but this can take a year. There are no quick and easy shortcuts with this - "if you want to be pretty, you'll have to suffer" - To invest time and effort.

When you finish pricking all your scars, repeat the entire procedure again and again until you are happy with your results. Use your dermaroller regularly on the whole area (scars and surrounding skin).

In case of white scars or stretch marks, when you will have pricked all your scars at least twice and they have healed, you can gradually expose the scars to the sun. If you're lucky, they might get a bit tanned due to newly formed melanocytes and revascularisation induced by needling.

9. DERMAROLLING / SINGLE NEEDLE AFTER-CARE

After rolling, shower the micro-needled skin (not a bath due to risk of infection) and gently wash the rolled skin with **water only, no soap**. Use lukewarm water - not too hot. Do not dry with a towel, **air dry only** - again to prevent infection.

When the skin has dried, apply a very small amount of Infadolan ointment into the rolled area and continue applying for at least 14 days. (If you use it on your face and you are very prone to acne, use it only for a couple of days). The skin should be made slightly oily, no need to make it too greasy. Infadolan contains Retinyl Acetate (vit. A) and Ergocalciferol (vit. D2) in a special (oil-based, non-alcohol) formulation. These are both very beneficial for the formation of healthy new skin, especially for collagen and elastin formation. Infadolan speeds up skin turnover. Keep the Infadolan tube closed when not used, to prevent air or microbes getting in. Because it is not a cream but an ointment of which the base doesn't get absorbed, much less is needed.

From our experience the best results with stretch marks and surgical scars were achieved when keeping the pricked scars occluded with an oily ointment such as Infadolan. [Read more about why we chose this ointment.](#) To avoid your clothes getting greasy from the ointment, you can put a plain white paper napkin, handkerchief or towelette on the area and put your clothes over it.

Apply your home-made vitamin C serum (explained in chapter 5) daily for at least a few days before rolling, do not apply immediately after rolling but restart applying vit. C serum the next day after rolling. Vit. C is water-soluble and any oils will prevent its penetration into the skin. Therefore you should *gently* remove any creams (including the Infadolan) from your skin with an oil-free cleanser, then apply vit. C serum and about half an hour later apply Infadolan. Use very little Infadolan, no need to get a greasy skin. Slightly oily is enough because the oil base does not get absorbed (the vitamins in it however do).

Do not expose the skin to excessive levels of UV light at least one week before, and two weeks after dermarolling with needles from 1.0 mm onwards or single-needling. This includes sunbathing and using a solarium.

10. HOW TO CLEAN THE DERMAROLLER

Dermarollers with shorter needles than 0.3 mm

After each use, soak the dermaroller for ten minutes in a mixture of warm water and a couple of drops of dishwashing liquid. Rinse under hot water and air-dry. At least once every ten days or every five uses, soak it in disinfecting alcohol.

Dermarollers with needles of 0.3 mm or longer

Wash the dermaroller in warm water and a couple of drops of dishwashing liquid, taking great care not to touch the needles. You can move it vigorously in a clean bucket with hot soap water, for example, or use a dishwasher. The former merely cleans the roller, it does not disinfect it at all. So then you need to soak it in disinfecting alcohol (containing at least 45% alcohol) for at least 20 minutes. Use methylated spirit ("denatured alcohol") or Ethanol. Disinfection alcohols containing Isopropanol can be used to sterilize the roller - however do not buy it from a dollar store but from a pharmacy - the cheapest brands can (rarely) have additives that can damage the roller. Never re-use the used alcohol. Air-dry the roller and put it back into its container. Keep the container clean with hot water but do not use any cloth or sponge to clean it since those are full of bacteria.

11. OTHER USES OF THE INFADOLAN OINTMENT

The difference between an ointment and a cream is that an ointment contains neither water nor (Stearyl) alcohol. This makes an ointment very greasy, and the skin does not absorb it - only the medicinals in the ointment. Neither does it evaporate. The good side of this is that you need very little ointment, so the tube will last long. The bad side is that your skin will be a little oily until you wash it off. Just use a very small amount, much less than you would use with a cream.

Infadolan can be used for more than dermarolling: It is suitable to treat abrasions, cuts, excellent for dry skin anywhere on the body, callous skin, back of hands protection, first-degree burns, atopic dermatitis and prevention of diaper rash. It can be used on babies as well. Infadolan should not get into your eyes.