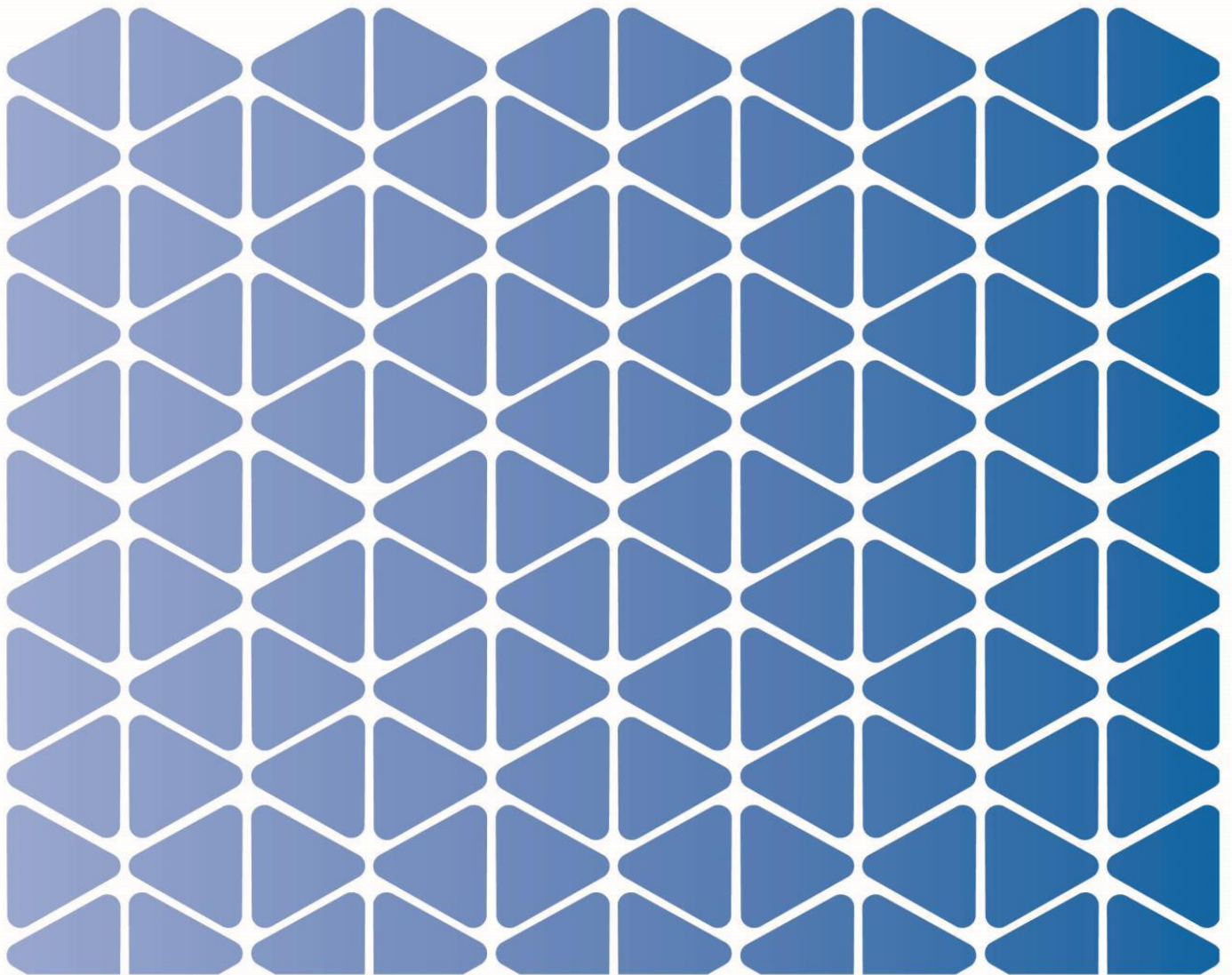




PATIENT INFORMATION

MICRO-NEEDLING

for Treatment of Scars and Burns and Removal of Radiotherapy Marker Tattoos



Pre/Post Treatment Advice

What is micro-needling?

Micro-needling is also known as 'meso skin treatment', 'skin needling' and 'dry needling'. It is a medical tattooing technique *without* applying colour into the skin. It can be used to improve the texture and elasticity of scarred skin and to encourage pale areas of scarring to recolour naturally. The tiny needles used in the tattooing technique puncture the skin and trigger the skin's natural wound healing process which can help renew the skin cells, remodel scarring and activate melanin production which may recolour the skin.

Micro-needling may also be used in conjunction with a salt and saline solution to fade small radiotherapy marker tattoos.

What should I expect from micro-needling?

- After the procedure, the treated area will likely appear red and swollen and there may be a little blood. This will settle over the following few days, but it is important to carefully follow the aftercare advice given to you by your specialist.
- Micro-needling is a course of treatment; you will therefore need multiple treatments spaced a few weeks apart.
- If you are seeking treatment for areas of pale scarring, your specialist will use medical micro-needling as the first course of treatment. If there is no restoration of colour at all following the first course of treatment, a secondary procedure called medical micropigmentation can be used subsequently to camouflage the area instead. If required, you will be provided with information about medical micropigmentation and asked to consent to this procedure.

What are the benefits of micro-needling?

To improve the cosmetic appearance and elasticity of your scars to improve your confidence and self-esteem and enhance your quality of life.

What are the risks?

- **Infection:** there is a small risk of infection around the treated area.
- **Bleeding:** some bleeding from the treated area can occur.
- **Discomfort:** you may feel some discomfort while the treatment is being undertaken.
- **Allergic reaction:** some people may experience a reaction to the products that are used.

Why are photographs required?

Photographs are an essential part of the treatment to assess progress and results and you will therefore be asked to consent to photographs being taken. Photographs will be required before and after treatment and sometimes mid procedure. Any photographs taken will only be kept in your medical records, unless you have consented *additionally* for them to be used for training and/or medical publications.

What will happen at my appointments and how many do I need?

First appointment

- Your first appointment will be for a consultation. You will be able to discuss what it is that you hope to achieve from the treatment, your priorities and any concerns.
- You will be given information about the treatment including how to prepare for the procedure, aftercare, what to expect in terms of results and follow up appointments required.
- You will be asked a number of questions about your medical history to ensure that you are fit and well enough to complete the treatment.
- Your specialist will provide you with and go through a consent form for treatment. If you wish to proceed with the treatment, you must bring this signed consent form with you to your second appointment.

Second appointment

- Your second appointment will be when you receive your first treatment.
- Please prepare for the appointment as follows:
 - Please bring with you your signed consent form.
 - Please ensure that you have eaten before you attend for your procedure as it reduces discomfort associated with the procedure.
 - Please try to avoid taking aspirin or ibuprofen before the procedure as they may increase bleeding.
 - A topical anaesthetic cream can be applied 30 minutes before the procedure and covered with a film dressing, to de-sensitise the area. The use of this cream does not guarantee that no sensation will be felt during the procedure.
- Pre-treatment photographs will be taken.
- Treatment will take place.

Subsequent appointments will be made appropriate to your treatment plan.

Aftercare Advice

It is normal for the treated area to appear red and swollen immediately following your treatment, this should settle down over the next 1 – 2 days.

If you have a dressing covering the treated area, please remove this as soon as you get home and wear loose fitting, dark clothing to avoid irritation and spoiling clothes. If you find the dressing has stuck, you may soak it off, but ensure you leave the area to fully air dry before dressing.

If you experience weeping of clear lymphatic fluid or blood, gently clean the area with cooled boiled water and gauze and blot to gently dry. If possible, leave to air dry for as long as possible.

You may shower, but please avoid hitting the treated area with the water jets within the first 24 hours. Following the shower, allow the area to completely air dry if possible, or blot gently dry.

Please avoid the gym for a minimum of 24 hours following your tattoo and the swimming pool and sauna for 1 week.

Do not pick or pull at the treated area.

Always use a high protection sunscreen on areas treated.

IMPORTANT INFORMATION

Nickel: Some pigments and needles contain traces of nickel which may affect you if you have an allergy to nickel.

Contact details

If you have any questions or concerns with your treated area, please contact the Maxillofacial Laboratory on the details below:

Maxillofacial Prosthetic Laboratory: 01905 760216 (ext. 30451)

Holly Dimond

holly.dimond@nhs.net

Jade Oakes-Stott

jade.oakes-stott@nhs.net

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.