

MICRONEEDLE THERAPY SYSTEM (MTS in-office Dermarolling)

This revolutionary skin rejuvenation treatment employs very small needles, microneedles, that mechanically perforate the outer layers of the skin. The MTS-Roller creates micro-channels that allow transdermal absorption of therapeutic serums to enhance collagen and elastin production leading to more youthful, smoother, tighter skin. The MTS-Roller and solutions have been clinically proven to reduce wrinkles, stretch marks, scarring (acne, surgical) and hyperpigmentation. MTS is considered a non-ablative treatment with minimal side effects & downtime.

Skin rejuvenation takes time and can't be rushed. Don't expect quick miracles as it can take up to 9-12 months to get substantial results. We strongly encourage our patients to perform MTS Home therapy in order to augment and continue the beneficial results of their in-office MTS treatments.

Pre Care Instructions:

- Contraindications to treatment- current skin infection, sunburned skin, irritated skin, severe active acne, cold sores, psoriasis, or eczema in treatment area. Accutane within the past 6 months.
- Try to avoid excessive sun exposure for 1 week prior to your in-office treatment
- If you are already using the MTS home system, please do NOT use MTS Roller for 1 week prior to your in-office MTS Rolling. You may continue your MTS serums and exfoliants.
- Arrive 1 hour prior to your MTS treatment for numbing cream. Please let our staff know if you are allergic to novacaine, tetracaine or lidocaine products.
- Please arrive with no makeup or topicals on the areas to be treated. No Eye Makeup!

Post Care Instructions:

- Try to avoid excessive sun exposure for 2-3 days
- Apply sunblock (SPF 30 or higher) the next morning and every morning
- If you can, avoid applying makeup for 24 hours
- Avoid strenuous exercise, saunas, hot tubs and steam rooms for 24 hours
- Do not wash your face or other treatment area until the next morning. We want to leave on MTS serums as long as possible.
- Start your MTS serums and moisturizer the next morning. Please continue twice a day; Do Not Use your MTS home roller until 1 week after your MTS treatment
- If you plan on using other skincare products, please discuss these with Dr. Gulcher or her staff. They would be happy to make suggestions and provide guidance.
- What to expect after your MTS treatments
 - Minor redness, swelling for 1-2 days
 - Immediate pin point bleeding which will resolve within 10 minutes
 - Minor peeling, flakiness after a few days. Don't pick at the loose skin!
 - Call Dr. Gulcher or her staff if you experience excessive redness, swelling, pain or drainage as these might be a sign of infection. 847.719.2200

MICRONEEDLE THERAPY SYSTEM (MTS) HOME ROLLER INSTRUCTIONS

- a. Inspect your roller- needles should be straight, tips should be sharp, roller should be clean and disinfected.
- b. Don't treat your skin if you have current skin infection, irritation, sunburned, severe active acne, cold sores, psoriasis, eczema or other skin condition. Notify Dr. Gulcher or her staff with any questions.
- c. Clean your skin, rinse thoroughly and let it dry. You may use any cleanser you wish.
- d. Apply your MTS VitaPep or StemPep serum to the treatment area and then start rolling.
- e. When rolling, stretch the skin by pulling it with your free hand- it will make needle penetration much easier
- f. Roll horizontally 3-4 times back and forth. Lift the roll and reposition after each forward movement. Then repeat in a vertical position 3-4 times. Always reposition the roller a few millimeters from the previous starting point. Use medium pressure and avoid eye area.
- g. You may reapply your serum after rolling and leave on overnight.
- h. Rinse roller in hot water and disinfect using MTS disinfecting kit. Let roller air dry and then place back in container. Take care not to touch the needles.
- i. Your roller should last approximately 2-3 months depending on how often you roll, how thick your skin is, how many areas you roll and how hard you push. When you feel like the needles don't penetrate as easily as they did when the roller was new, it's time for a new roller.

For best home results, we suggest

- MTS Dermarolling every other night. If your skin becomes too tender, red or irritated, please decrease to every third night.
- Using a chemical (retinoic acid, glycolic acid, salicylic acid) or mechanical exfoliant 2-3 x/week. Ask our staff for suggestions. Do not use exfoliants the day of your home MTS Rolling treatment. If you experience excessive redness, irritation or peeling, decrease the frequency and amount of the chemical exfoliant.
- Using the MTS home skincare products. These special serums have been designed to work well with microneedling and are well tolerated. If you choose to use your own skincare products with the MTS Roller, we cannot take responsibility for results or potential side effects.
- Be consistent with your MTS Dermarolling! Substantial skin regeneration (collagen/elastin production) is a slow process that can take up to 1 year to appreciate. Don't expect immediate results. Be patient and be consistent.
- Contact our office if you have any questions or concerns about your MTS home therapy
847.719.2200