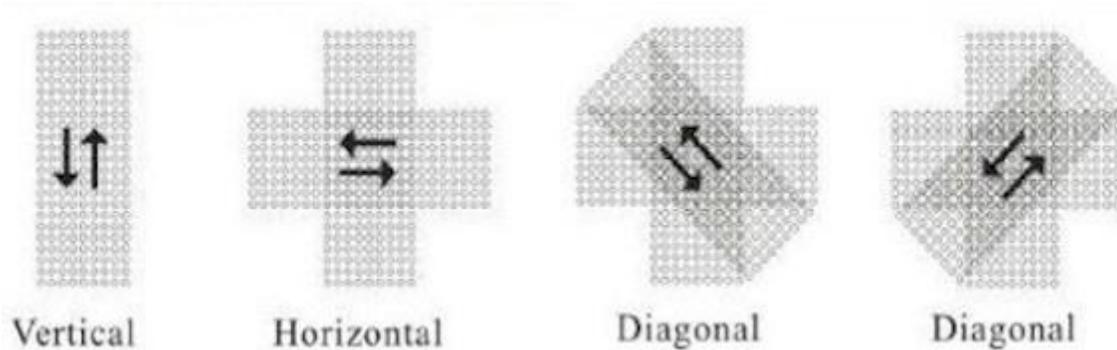


Micro Needle Derma Roller Skin Rejuvenator

First, a list of precautions is in order that need to be read before doing any skin work with the roller.

1. If during the procedure at any time blood is drawn, stop the procedure immediately. When done the correct way, the process does not draw a single drop of blood.
2. Do not use on infected or diseased skin such as severe active acne, herpes, blood clotting problems, poor healing, eczema, psoriasis, fungal infection, wounds, moles etc.
3. If using high pressure is creating searing pain, lessen it. The whole procedure will be felt as slight pain, but nothing severe.
4. Always, always, always disinfect the roller before and after you use it, otherwise using it may lead to some nasty infections.
5. DO NOT Share the Derma Roller with anyone. It is also recommended to have separate rollers for your face and rest of your body.
6. After using it is best to wait one day with applying makeup.
7. You must disinfect your skin and your Derma Roller every time you roll
8. 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.



Derma Roller Instructions: (Use every 4 to 6 weeks and no more than 2 times a month)

1. Use your choice of disinfectant to disinfect the area of the skin you will be derma rolling. (Always remember to disinfect the derma roller too!)
2. (Optional) If using a numbing cream, which is used for numbing the skin to feel less pain, do it after applying the disinfectant. After the initial absorption (10-20 minutes), **wipe away the remaining cream** with paper cloths. You can also numb the area with ice-packs prior to needling. Keep ice packs clean by washing them with hot water and soap.
3. Now, begin the rolling procedure, which is done by **following the picture above**. Roll each line 3-5 times each, depending on how it feels. When rolling, stretch the skin by pulling it with your other hand, it will make needle penetration much easier.
4. (Optional) After you finish the rolling, you can apply more of the cream product of your choice.
6. When finished, disinfect the derma roller in a glass of disinfectant and leave it there for 30-60 minutes. After this, leave until it is completely dry. Avoid letting the roller touch anything after this step as it may negate the disinfection.
7. (Optional) After the procedure, if you have used a numbing cream, apply some of the antibacterial solution at this point, let your skin rest for some time (1-2 hours), then you can either rinse it off with colder water or continue to apply the cream product of your choice.

Frequently Asked Questions:

1. *How often should I use the Derma Roller?* It is recommended to use it every 4 to 6 weeks and no more than 2 times a month
2. *How often should I replace my Derma Roller?* It is recommended to replace every 6 to 8 months. This is a rough estimate because it depends on how much you use it. When you feel that the needles don't penetrate as easily as they did when the instrument was new, it's time to replace it.
3. *Is it ok to use the derma or skin roller if I have Radessie injected already in my skin?*
Yes it is okay to use over skin fillers.
4. *What can I expect after rolling?* The area you have rolled will be red (like sunburn) for an hour or two.
The rolled area might start peeling a little after some days. Don't pick or peel the loose skin.
5. *How long until I see results?* Understand, the full cycle of collagen production is a slow, multistage process. Don't expect quick miracles, it can take up to ten 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 treatment and judge your progress from those.

Do not fall into the thinking 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 eight to 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.