


# AT-HOME MICRONEEDLING GUIDE

A step-by-step guide to safe, effective, collagen-building results



*by Brandiiland*

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 Disclaimer: For Educational Use Only — This guide is intended for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment.

## SECTION 1: Microneedling Supply Checklist

Video Link for Microneedling Supplies - <https://www.tiktok.com/t/ZThknX8SW/>

### Device

Professional microneedling pen (e.g., Dr. Pen M8S or similar). Use only new, sterile cartridges each session.

### Cartridges

Across every cartridge type, they trigger collagen + elastin stimulation, improved product absorption, cell turnover & regeneration, improved texture and tone & would healing response.

Cartridge Type	Primary Use
Nano (R or S, NO needles) Beginners start here	Serum infusion / glow
12–18 pin	Fine lines + collagen stimulation, Acne scars/pitted scars, stretch marks
24 pin	Texture + firmness
36 pin	Gentle full-face / larger areas such as body
42 pin	Sensitive-skin option/ body treatments

### Slip Serum

Microneedling Solution – Skin booster, peptide, or exosome-based serum for glide and hydration.

### Cleansing & Sanitation

- Gentle cleanser
- Cotton pads
- Sterile glass dish for product
- Pen cover
- 70% isopropyl alcohol
- Disposable gloves


- Headband
- Sanitized workspace

### Optional Numbing

Topical anesthetic per label directions.

### Aftercare Basics

- Barrier-repair cream or occlusive
- Growth-factor / exosome serum (post-care only)
- Daily mineral SPF 30+

 Avoid retinoids, acids, exfoliants, and vitamin C for 3–5 days before and after treatment.

## SECTION 2: Suggested Depth Ranges & Technique Notes

### Technique: Stamping vs. Gliding

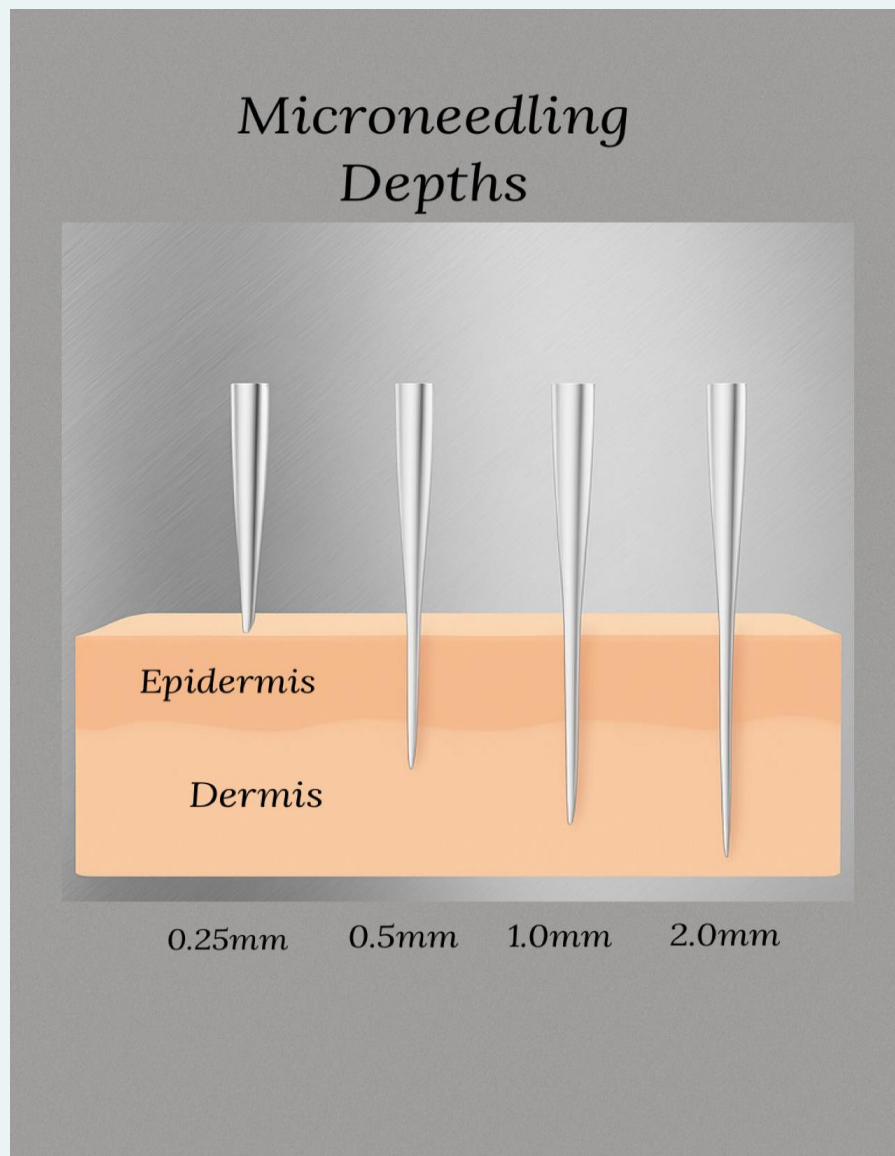
- Stamping:
  - Press-and-lift motion for targeted lines and scars.
- Gliding:
  - Three passes with slip serum — horizontal, vertical, and circular — for overall rejuvenation.

### Recommended Depths (by area)

Area	Depth Range (mm)	Notes	Recommended Frequency
Forehead	0.5–0.75 (experienced up to 1.0)	Thin skin — go slow	Every 4–6 weeks
Nose	0.25–0.5	Use short, light passes	Every 4–6 weeks
Orbital bone	0.25–0.5 (experienced up to 0.75)	Pull skin down; stay outside the orbital bone, use caution	Every 4–6 weeks
Cheeks	0.5–1.25 (experienced up to 1.5)	Denser skin may tolerate deeper	Every 4–6 weeks

Upper lip / Vermilion border	0.25–0.5	Avoid wet mucosa	Every 4–6 weeks
Chin	0.5–1.0	Firm skin area	Every 4–6 weeks
Neck	0.25–0.75 (experienced up to 1.0)	Gentle pressure only	Every 4–6 weeks
Body	0.5–2.5	Start lower and increase gradually	Every 4–6 weeks

⚠️ Post-inflammatory hyperpigmentation (PIH) risk: If you're prone to PIH, stay gentle and protect skin from UV exposure.



## SECTION 3: Step-by-Step Technique

1. Cleanse and dry skin; tie hair back.
2. (Optional) Apply numbing cream thinly; wait per label; remove completely.
3. If you applied numbing cream, double cleanse face.
4. Sanitize skin and pen body with 70% isopropyl alcohol.
5. Insert new sterile cartridge while device is off.
6. Apply slip serum for smooth glide.
7. Work in small sections, keeping skin taut — glide vertically, horizontally, and circular; stamp problem areas as needed.
8. Use mid-speed ( $\approx 6$ ); adjust for comfort.
9. Reapply serum as needed — never work on dry skin.
10. Stop when even pinkness appears (not red or hot).
11. Apply remainder of microneedling slip to face.
11. Proceed with post care, avoid actives for  $\sim 72$  hours.

## SECTION 4: Aftercare & Safety

### Immediately After (0–48 hours)

- Keep skin hydrated and makeup-free.
- Use only sterile serums or soothing post-care formulas.
- Apply mineral SPF 30+ daily.
- Avoid heat, sweat, sun, and steam.
- Sleep on clean bedding; sanitize brushes.

### Days 3–7

- Mild redness or dryness is normal; do not pick flaking.
- Resume actives gradually after 5–7 days.
- Stay hydrated and protected from UV.

### Safety Essentials

- Always use a new, sterile cartridge for deep microneedling.
- Avoid active acne, eczema, rosacea flares, or sunburn.
- Skip if pregnant or on Isotretinoin, antibiotics, or blood thinners without medical clearance.
- Mild redness is normal; if irritation persists, allow skin to fully heal.

## Starter Order Guide

Vendor	Code / Discount	Recommended Products	Link
AceCosm	<b>Brandi15</b> Discount Varies typically 10-20% off	J-Cain Numbing Cream 10.56%; Hanheal HA; Hanheal PDRN; Hanheal Exosome Rejuvenation; Velatox GF11; Hyaron; Rejuran; Elaxen	<a href="https://www.acecosm.com/">https://www.acecosm.com/</a>
DrPenOnline	<b>Brandi20</b> 20% off	Dr. Pen M8S Device; 36-pin cartridges (2-3); Nano cartridges (1 pack); 12-pin cartridges (1 pack)	<a href="https://drpenonline.com">https://drpenonline.com</a>
DrPen.Net	<b>Brandi10</b> 20% off		<a href="https://drpen.net">https://drpen.net</a>
Amazon Storefront	—	Disposable gloves; Alcohol wipes/spray; Application brushes; Hypochlorous acid spray; Pen covers	<a href="https://www.amazon.com/shop/brandiiland">https://www.amazon.com/shop/brandiiland</a>
Get Glowing Skincare	<b>Brandi15</b> 15% off	Dr. Drawing Revital Cream (aftercare)	<a href="https://getglowingnowskincare.com">https://getglowingnowskincare.com</a>
Laboderm Skin	<b>Brandi15</b> 15% off	Dermaline PDRN Toner; Dermaline PDRN Emulsion	<a href="https://laboderm-skin.com">https://laboderm-skin.com</a>
Meamo	<b>Brandi15</b> 15% off	Soonsu Ultra White, PLLACUBE PINK VOL., Hyaron, Rejuran, Meamo Lab Skin Boosters	<a href="https://meamoshop.com">https://meamoshop.com</a>

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