

MICRONEEDLING

Microneedling is a personal service in which a series of small needles are used to create tiny puncture holes in the skin, intended to trigger the production of collagen and elastin. It is performed with devices that are either motorized or manual, allowing for the needles to be moved across the skin. It is used primarily to treat scars or stretch marks but may also be used to deliver pharmaceutical or cosmetic products into the skin.

The needles may be:

- Fitted onto a cylinder and rolled across the skin (known as a dermal roller)
- Attached to a flat surface and stamped into the skin
- Arranged in a pattern on the tip of a pen-shaped instrument

INFECTION RISKS

The risk of infection depends on the length of the needles being used (needles range in length from 0.25 mm to 3 mm) and the thickness of the skin at the treatment site. Equipment can become contaminated with bacteria, fungi and viral blood borne pathogens such as hepatitis B virus, hepatitis C virus, or human immunodeficiency virus (HIV). Infections can spread from:

- Contaminated and/or improperly reprocessed equipment (e.g., if a contaminated serum is applied during the needling service)
- Contaminated environment
- Client's own bacteria on the skin
- Unclean hands touching the treatment area

INFECTION PREVENTION AND CONTROL REQUIREMENTS

Equipment:

- Single-use, disposable sterile needles or needle cartridges must be kept sterile until point of use and discarded into an approved sharps container immediately after use. Needles are not to be used beyond the date of expiry indicated by the manufacturer. Do not use needles if there are no expiry dates and lot numbers
- Needle cartridges for needle styled pens must be equipped with a form of backflow prevention
- Needles are not saved for reuse on the same client
- Sharps containers must be stored at point of use
- A reusable handle for manual devices that hold sterile needles/needle roller heads must be cleaned, then disinfected with a [high-level disinfectant](#)

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- All reusable uncovered equipment and instruments such as service trays, electric devices, machines, and controls must be cleaned and disinfected with an intermediate-level solution between clients. If they are covered by a single-use wrap, they may be cleaned and disinfected with a low-level disinfectant
- Microneedling services can be invasive services. Some devices should only be used by a Regulated Health Professional. Refer to the manufacturer instructions to learn more

Operational Requirements:

- Skin that is visibly soiled must be cleaned with soap and water before starting the procedure
- Only topical local anesthetic approved for use by Health Canada is permitted. The procedure site is to be cleaned with a suitable skin antiseptic before applying the anesthetic. Note: Injectable anesthetic is prohibited
- Clients must be provided with verbal and written aftercare information following the procedure, including a recommendation to see a doctor within 24 hours if any signs of infection develop

Reprocessing Classification

Sterilization	High-Level Disinfection	Low-Level Disinfection	Single-Use, Disposable
<ul style="list-style-type: none"> • Pre-packaged, sterile items are used (i.e., needles*, needle roller heads*, needle cartilages*) 	<ul style="list-style-type: none"> • Reusable microneedle roller handles 	<ul style="list-style-type: none"> • Microneedle pen if it is covered with a single-use wrap • Table, chairs, beds • Service trays • Facial steamer machine and reservoir • Bowls and plastic spatulas • Facial brushes 	<ul style="list-style-type: none"> • Facial sponges • Microneedling needles, roller heads, needle cartridges • Personal protective equipment (i.e., gloves, eye protection) • Plastic covers • Cotton pads, tissues, wipes • Single-use ointment applicators

*These items are to be sterile before use (packaged sterile or sterilized on-site)

SOURCES

1. Ontario Agency for Health Protection and Promotion (Public Health Ontario). Guide to infection prevention and control in personal service settings. 3rd ed. Toronto, ON: Queen's Printer for Ontario; 2019