

# 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

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:**

- Detachable microneedle dermal rollers are required to be provided as individually pre-packaged, sterile. If these are purchased unsterilized, they must be sterilized before use
- If a detachable microneedle dermal roller is used, the roller head must be discarded into an approved sharps container after each use, as it is classified as a single-use item.
- The reusable handle is to be reprocessed using a high-level disinfectant
- Microneedle rollers that are a single unit, where the roller head is not detachable from the handle, are single use only. They are to come sterile, and be discarded in an approved sharps container after their use
- Ensure the microneedling device is safe for use and approved by Health Canada

**PUBLIC HEALTH**

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The logo for York Region, featuring a stylized white star or asterisk above the text "York Region" in a white serif font, all set against a dark blue background with a light blue wave-like shape behind it.

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- Dr. Pen microneedling pens and some cartridges are not licensed by Health Canada and should not be used on clients. [Refer to the Health Canada website for recalls](#)
- 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 isn't an expiry date and lot number on the product.
- Needle cartridges for needle styled pens must be equipped with a form of backflow prevention. Backflow preventers act as a barrier, preventing the spread of potentially harmful fluids and ensuring a safer microneedling environment for both the artist and the client
- Needles are not to be saved for reuse on the same client
- Approved sharps containers must be stored at point of use
- All reusable uncovered equipment and instruments such as service trays, electric devices, machines, and controls must be cleaned and disinfected with an intermediate-level disinfectant 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's instructions for use, 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.
- 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	Intermediate-Level Disinfection	Low-Level Disinfection	Single-Use, Disposable
Pre-packaged, sterile items are used (i.e., needles*, needle roller heads*, needle cartilages*)	Reusable microneedle roller handles	<ul style="list-style-type: none"> <li>• Facial brushes (silicone, metal, plastic)</li> <li>Reusable <u>uncovered</u> equipment:               <ul style="list-style-type: none"> <li>• Clip cords</li> <li>• Service trays</li> <li>• Spray bottles</li> <li>• Electric device (reusable microneedle pen/machine)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Reusable microneedle pen †</li> <li>• Table, chairs, beds</li> <li>• † Service trays</li> <li>• † Clip cords</li> <li>• † Spray bottles</li> <li>• Facial steamer machine and reservoir</li> <li>• Bowls and plastic spatulas</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Facial sponges</li> <li>• Microneedling needles, microneedling roller heads (detachable), microneedling rollers (if roller head and handle are a single unit), needle cartridges</li> <li>• Personal protective equipment (i.e., gloves, eye protection)</li> <li>• Plastic covers</li> <li>• Cotton pads, tissues, wipes</li> <li>• Single-use ointment applicators</li> </ul>

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

† If covered with a sheath/cover during use; if not, reprocess as a Non-critical, Intermediate-Level Disinfection item as long as it can be easily or adequately cleaned and disinfected between each use.

## 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