

Microneedling

- Microneedling may be done with a motorized pen-style device using needle cartridges, a roller style device with tiny needles on a roller or a derma stamp with tiny needles on a flat surface used to stamp the skin.
- All microneedling devices and products must be used in accordance with the manufacturer's instructions for use.
- Ensure microneedling devices have not been recalled by Health Canada. Visit Health Canada's website for recall information at recalls-rappels.canada.ca/en

Roller Style Devices

- Microneedle rollers without removable roller heads must be sterile single use and the entire unit must be discarded into an approved sharps container after use.
- Microneedle rollers with removable roller heads must be sterile, single use and roller heads discarded into an approved sharps container after use.
    - If the handle is reusable according to the manufacturer, the handle must be cleaned and then disinfected with a high-level disinfectant between each client.

Using Products with Microneedling

- Products that are intended for topical use only, cannot be used immediately before, during, or after microneedling. If you are unsure if the product can be used with microneedling, contact Health Canada.
- Currently there are no products containing human exosomes approved for sale or use in Canada.
- Do not provide services or use products that contain human exosomes. For information on exosomes please visit BodySafe or contact Health Canada.
- Only topical anaesthetics approved by Health Canada are to be used prior to the service. Injectable anaesthetics must not be used. If a topical anaesthetic is used, the skin site must be cleaned with a suitable and approved skin antiseptic before applying the anesthetic.

Before Starting Microneedling

- Inspect the packaging for needles to ensure they are in good condition, and sterile needles are not expired. If there is no expiry date, ensure packaging is intact.
- Provide the client with information about the procedure and any associated risks.
- Inspect the area of the skin for redness, swelling or a rash. Avoid service within 6 inches of skin that is red, swollen, infected or with a rash.
- Wash or sanitize your hands before putting on new single-use disposable gloves and after removing gloves.
- Dispense any creams, lotions and ointments in a manner that prevents contamination.



- Clean the area of the skin before microneedling using an approved antiseptic such as 70% isopropyl alcohol. If the skin is visibly soiled, clean the skin with soap and water before the applying antiseptic.
- Sterile needles must remain in the sterile packaging until use.

Aftercare Instructions

- After microneedling, every client should be told verbally and receive written information on what they should do if their skin becomes red, swollen, infected or uncomfortable.

Controlled Acts and Microneedling

- Certain microneedling devices are classified as medical devices and may only be used by a Regulated Health Professional (RHP) or by an individual who has received appropriate delegation from an RHP.
- Operators are responsible for reviewing all manufacturer's instructions for use (MIFU) on microneedling devices and ensuring Controlled Acts are performed only by those legally permitted and appropriately trained.
- In Ontario, "Controlled Acts" shall only be performed by regulated health professionals as outlined in the Regulated Health Professional Act, 1991, S.O. 1991, c.18 including Medical Doctors, Nurse Practitioners or by a qualified individual whom they have legally delegated to perform these procedures.
- Controlled Acts are defined in the Regulated Health Professional Act, 1991, S.O. 1991, c.18 and Ontario Regulation 107/96 Controlled Acts and include, but are not limited to:
    - Performing a procedure on tissue below the dermis, below the surface of a mucous membrane, in or below the surface of the cornea, or in or below the surfaces of the teeth, including the scaling of teeth.
    - Applying or ordering the application of a form of energy (such as electrocoagulation) prescribed by the regulations under this Act.
- Under Ontario Regulation 107/96 Controlled Acts the following activities are exempt from the definition a Controlled Act:
    1. Ear or body piercing for the purpose of accommodating a piece of jewellery.
    2. Electrolysis.
    3. Tattooing for cosmetic purposes.