# How Microneedling Can Soften the Look of Acne Scars

Acne scars can linger long after breakouts settle. Some marks fade on the surface, while others leave a change in the skin texture that makeup and skincare may only partly soften. Microneedling is one texture improvement treatment often discussed for this kind of concern, including in guidance on Potenza RF microneedling for smoother, firmer skin in Kingston found on eastern-ontario.com.

The basic idea is simple: controlled micro-injuries prompt the skin to repair itself. As the skin responds, collagen remodeling may gradually improve the look of certain scars and make the surface feel more even. Results are not instant, and not every scar responds in the same way. The useful part is knowing what the process involves and what to watch at each stage.

## Start by identifying the kind of mark you want to treat

Before considering any procedure, look closely at what is actually left behind. Dark or reddish post inflammatory marks are usually about colour, not depth. They often improve with time and careful sun protection, although they can be stubborn. Atrophic scars, which sit below the surrounding skin, are more closely tied to texture. These are the scars microneedling is commonly considered for.

Scar shape matters too. Shallow, broad indentations may be more suited to gradual surface renewal than narrow, sharp scars with a clear edge. Raised scars are a different concern and may need another approach. If a mark is changing, painful, or unusual, a qualified skin professional should assess it before any cosmetic treatment is planned.

Watch for unrealistic expectations. Microneedling may soften the appearance of acne scars, but it does not erase every line or restore skin to a perfect finish. A fair goal is a smoother look, a more even surface, and scars that catch less attention in normal light.

## Check whether microneedling fits your skin and health situation

Microneedling involves deliberately creating tiny channels in the skin, so the starting condition of the skin matters. Active breakouts, infection, open sores, sunburn, or irritated skin may complicate healing. The skin barrier needs to be reasonably calm before treatment, otherwise discomfort and aftercare problems become more likely.

Certain health factors also deserve attention. People prone to cold sores, poor wound healing, or unusual scarring should raise this before booking. So should anyone using medicines that

affect bleeding or immune response. A proper consultation lets a trained professional judge whether treatment is suitable and which depth range makes sense for the concern.

Microneedling depth is not a detail to guess. Too shallow may barely affect deeper scar tissue. Too deep may increase irritation and downtime without giving a better outcome. Depth choices depend on the area being treated, skin thickness, scar type, and tolerance. That is why professional treatment differs from casual at-home rolling.

## Prepare the skin in the days before treatment

Good preparation is less dramatic than the procedure itself, but it helps. Keep the skin gentle and hydrated. Avoid harsh exfoliating products and newly introduced active ingredients that may sting or inflame the skin. If a professional gives pre-treatment instructions, follow those instead of relying on general advice.

Sun protection is especially important. Irritated or sun-damaged skin is less forgiving after microneedling. A broad daily habit of protecting the skin helps keep post inflammatory marks from looking darker and supports steadier healing. This matters for people in Eastern Ontario, where outdoor seasons can change quickly and sun exposure may be easy to underestimate.

Watch for last-minute changes. A new rash, a cold sore, a patch of dermatitis, or a fresh breakout may be a reason to pause and ask for advice. It is better to reschedule than to treat skin that is already struggling. The local updates and practical information on eastern-ontario.com sit within a broader interest in skin texture care, but individual preparation still depends on the person being treated.

## Understand what happens during the procedure

In a professional setting, the skin is cleaned first. A numbing cream may be used to reduce discomfort, depending on the treatment plan and the area involved. Once the skin is ready, a device creates controlled microchannels at a chosen depth. The pattern is usually repeated across the treatment area in a measured way.

Some approaches combine microneedling with radiofrequency energy. Potenza RF microneedling is the specific approach named in the site context for smoother, firmer skin in Kingston. With radiofrequency, heat is delivered into the skin through the needles. The aim is to encourage a repair response that may help with texture and firmness. The choice between standard microneedling and radiofrequency-assisted treatment depends on the concern, skin response, and professional assessment.

Watch during the session for sharp pain, burning, or anything that feels different from the expected pressure and stinging. Sensations vary, but sudden or severe discomfort should be

raised at once. A good provider will explain what is normal before starting and will adjust the plan if the skin response suggests it.

## Follow the healing period carefully

Right after treatment, skin often looks red and feels warm, similar to a mild sunburn. Tiny puncture marks may be visible for a short time. The skin barrier is temporarily disturbed, so the aftercare focus is calm, clean, and simple.

Use the aftercare advice given by the treating professional. In general, gentle cleansing, a suitable moisturizer, and sun protection matter more than a long list of products. Avoid picking, rubbing, harsh scrubs, and strong exfoliating ingredients while the skin is healing. Makeup may need to wait until the skin no longer feels raw or visibly irritated.

Watch for signs that healing is not going smoothly. Increasing pain, spreading redness, swelling that worsens, drainage, fever, or symptoms that feel out of proportion should not be ignored. These signs need prompt advice from a qualified medical professional. Minor tightness and flaking can be part of normal renewal, but a worsening reaction is different.

## Judge results over time, not day by day

Collagen remodeling takes time. Early redness may fade before the texture change becomes clear. Some smoothness may be noticed as the skin settles, while deeper scar improvement tends to be gradual. Photos taken in consistent lighting can make progress easier to judge than daily mirror checks, which often exaggerate small changes.

Multiple sessions may be recommended for acne scars, spaced far enough apart for healing. The exact plan depends on how the skin responds and how pronounced the scars are. More treatment does not always mean a better result. Skin that is repeatedly irritated may look dull and uneven, which can work against the goal.

Pores, fine texture changes, and shallow marks may appear softer as the surface renews. Deep atrophic scars may improve less dramatically. A candid review after healing helps decide whether the same approach should continue or whether another treatment would suit the scar pattern better.

## Know when to pause or seek another opinion

Microneedling is not the best fit for every skin concern. If acne is still active, controlling breakouts usually comes first. If scars are raised, very deep, or sharply defined, another option may be more appropriate. Persistent redness or pigmentation may also need a separate plan.

A cautious approach protects the skin barrier and keeps the goal realistic. Ask clear questions before treatment about suitability, depth, expected recovery, and how reactions will be handled. Then watch the skin closely during healing and give it enough time to show what it can do. When used thoughtfully, microneedling may help acne scars look less pronounced and leave the skin with a smoother, more even appearance.