

MICRONEEDLING THE DÉCOLLETÉ:

A MODERN APPROACH TO SKIN
REJUVENATION AND AGING



MICRONEEDLING THE DÉCOLLETÉ:

A MODERN APPROACH TO SKIN
REJUVENATION AND AGING



LISTEN TO THIS ARTICLE (6:27 MINS)

As the skin ages, particularly in delicate areas like the décolleté, signs of wear become increasingly prominent. The décolleté, often exposed to the sun and environmental stressors, is prone to developing fine lines, hyperpigmentation, and the hallmark of aging skin—crepiness. This condition, marked by a thin, wrinkled texture, reflects cumulative damage and biological aging processes. Fortunately, innovative techniques like microneedling offer promising solutions.

**THE DÉCOLLETÉ IS
PRONE TO AGING
SIGNS LIKE CREPINESS,
FINE LINES, AND
DISCOLORATION FROM
SUN EXPOSURE, BUT
MICRONEEDLING**

MICRONEEDLING THE DÉCOLLETÉ: A MODERN APPROACH TO SKIN REJUVENATION AND AGING

UNDERSTANDING SKIN AGING ON THE DÉCOLLETÉ

Skin aging results from a multifactorial interplay of genetic, environmental, and lifestyle influences. As outlined in **Gene and Aging** by Rodríguez-Rodero et al., aging involves the progressive accumulation of molecular errors that disrupt stem cell function and impair tissue repair, leading to visible degeneration in skin structure.

“Crepey skin usually begins to appear when you’re in your 40s. But it can show up as early as your 20s if you are a chronic tanning bed user or have gained and lost substantial amounts of weight,” explains Dr. Amy Kasouf. She adds, “Medications are another potential cause of crepey skin, such as long-term prednisone.” Other contributing factors include UV exposure, smoking, poor sleep, pollution, stress, and inadequate hydration.

Genetic components like telomere shortening and oxidative stress responses play a key role, while environmental insults intensify damage at the cellular level. Lifestyle habits such as alcohol consumption and a nutrient-poor diet further expedite the decline in collagen and elastin—proteins essential to maintaining firm, youthful skin.

MICRONEEDLING AS A SOLUTION

Microneedling creates controlled micro-injuries in the skin to stimulate natural healing processes and collagen production. The décolleté, due to its thinner dermis and frequent UV exposure, particularly benefits from microneedling's ability to target texture, pigment irregularities, and fine lines.

Corrective Microneedling™ using the MDPen device is especially effective. Unlike traditional devices that create approximately 108,000 microchannels per minute, Corrective Microneedling™ generates 217,000 to 324,000 channels per minute. This high-density channel formation amplifies the skin's absorption of bioactive serums and enhances the release of cytokines and growth factors.

Practitioners are trained to use the MDPen's signature tracing motion—moving at 1 inch per second in vertical, horizontal, and diagonal passes. This ensures uniform treatment and maximizes collagen remodeling. The result is visibly firmer, more elastic skin after just a few treatments.



MICRONEEDLING THE DÉCOLLETÉ: A MODERN APPROACH TO SKIN REJUVENATION AND AGING

CHOOSING THE CORRECT NEEDLE DEPTH

One of the most essential components of successful microneedling is selecting the correct needle depth for each treatment area. Every region of the body—face, neck, chest, or hands—has its own unique skin thickness, vascularity, and response to stimulation. Choosing the wrong depth can result in insufficient results or, conversely, unwanted trauma

Dr. Damian Gordon of Blue Haven Medical Aesthetics emphasizes a patient-tailored approach: “You must assess not just the anatomical area but also your patient’s individual skin quality—thin, thick, oily, or sun-damaged—and observe how it responds after the first pass.”

Adjustments may also be necessary mid-treatment. “You should always re-evaluate how the skin reacts after the initial pass—look for pin-point bleeding, erythema, and patient feedback on sensitivity,” Dr. Gordon explains. This dynamic, feedback-driven process ensures optimal results while maintaining patient safety and comfort.

SUPPORTING SKIN HEALTH

Dr. Kassouf advises that prevention and maintenance are crucial. “Keeping skin well-hydrated with a good moisturizer helps prevent injury that creates or worsens crepiness.” Retinol creams are also recommended for boosting collagen and elastin levels, improving the appearance of fine lines and crepey texture.

Diet plays a critical role in skin health. Dr. Kassouf highlights the importance of a nutrient-dense diet rich in antioxidants (found in fruits, vegetables, eggs, tuna, and brown rice) and vitamins A, C, D, E, and omega-3 fatty acids. “Many products contain B vitamins and other antioxidants and now plant-based adaptogens to help decrease inflammation and allow restoration of collagen and elastin fibers,” she says.



MICRONEEDLING THE DÉCOLLETÉ: A MODERN APPROACH TO SKIN REJUVENATION AND AGING

Microneedling the décolleté offers a science-backed, minimally invasive approach to rejuvenating one of the most vulnerable areas of aging skin. Combined with proper hydration, nutrition, topical retinoids, and sun protection, it helps patients reclaim youthful skin texture and tone—naturally and effectively.

References:

1. Rodríguez-Rodero S, et al. Aging Genetics and Aging. *Aging and Disease*. 2011;2(3):186-195.
2. MDPen. Corrective vs. Traditional Microneedling Clinical Guide.
3. Sasaki GH. The Significance of Trans-Epidermal Water Loss After Microneedling and Microneedling-Radiofrequency Procedures. *Aesthetic Surgery Journal Open Forum*. 2019. doi:10.1093/asjof/ojz017
4. Kassouf A. Cleveland Clinic.

mdpen
.....
MICRODERMAL NEEDLING

TO LEARN MORE, CONTACT US AT

(888) 313-1415

www.mdpen.co

