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# Controlled depth of needling using simple injection needles



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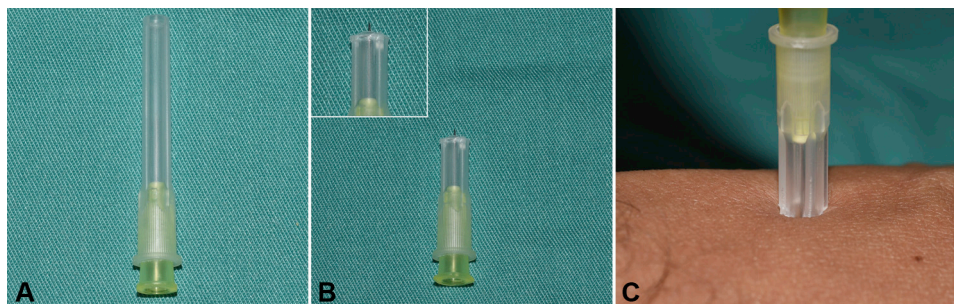
**Key words:** depth; microneedling; needling; vitiligo.

## CLINICAL CHALLENGE

Needling is an effective treatment for vitiligo. It can be done using simple injection needles<sup>1</sup> or microneedling devices.<sup>2</sup> The advantage of using microneedling devices is the ability to have fixed penetration depths. Microneedling devices are not routinely available in dermatology clinics. On the other hand, simple injection needles are almost always available. However, it is not possible to control the depth of penetration when using injection needles. During needling, the unintended deeper penetration of the needle is usually associated with more pain.

## SOLUTION

We use simple disposable injection needles. The needle can be easily seen through the needle cap. Depending on the desired depth of penetration, the cap is marked with a surgical pen. The needle cap is then cut at the marked point. This results in protrusion of the needle through the cut needle cap with the preferred length (Fig 1). The needle can now be used with a controlled depth of penetration (Figs 1 and 2). Advantages of this method include its applicability for different needle sizes and the ability to create a wide range of needle lengths.



**Fig 1.** **A**, A 30-gauge needle is used for needling. The needle can be seen through the cap. The needle cap is marked using a surgical pen at the desired point to achieve the preferred needle length. **B**, The needle cap is cut, showing an approximate 1.5-mm protrusion of the needle (inset). **C**, The needle now can be used to achieve a fixed needling depth of approximately 1.5 mm.

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**Fig 2.** Needling performed on a vitiligo patch with a fixed 1.5-mm depth of penetration showing the desired endpoint of pinpoint bleeding.

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