



YOUR LOGO

DRY NEEDLING VS. WET NEEDLING

DRY NEEDLING

- Uses a solid, mono-filament needle to reduce tissue tension, improve blood flow and reduce pain.
- **Needle diameter?** typically ranges from .15mm to .35mm.
- **Side effects?** can result in some post-needling soreness, or leave some mild bruising.

WET NEEDLING

- Uses a hollow bore needle that can deliver injectate like corticosteroids, anesthetics or other substances.
- **Needle diameter?** based largely on medication, but is typically .5mm to 1mm.
- **Side effects?** all the same side effects as DN, but also can cause skin discoloration and tissue damage depending on the medication being used,