

Tamra Bedford, Cosmetic RN Explains How Microneedling Results Build Gradually for San Ramon Patients

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Microneedling, a collagen induction therapy offered at the medical spa of a registered nurse serving California's Tri-Valley, produces changes that develop over several weeks rather than immediately, with the strongest outcomes typically appearing after a planned course of treatments. That timeline is a point of emphasis as more patients ask about non-surgical options for skin texture and tone.

Tamra Bedford, Cosmetic RN provides medical-grade microneedling (collagen induction therapy) for patients in San Ramon, Danville and across the Tri-Valley. Bedford is a registered nurse with more than 20 years in medical aesthetics who personally performs every treatment, from the first visit to the last, with patients never handed off to an assistant or another provider.

The procedure uses a medical-grade device with sterile, single-use cartridges and surgical-steel needles that create microscopic channels, prompting the skin to produce new collagen and elastin. Needle depth is

adjusted for each zone of the face, roughly 0.5 to 2.5 millimeters, deeper for acne scars and deep wrinkles and shallower for fine lines, sun damage and texture. Professional microneedling reaches depths that at-home derma rollers cannot.

Before treatment, a topical numbing cream is applied for 20 to 30 minutes. A full-face treatment takes roughly 30 to 45 minutes, and redness typically fades within 24 to 48 hours. The treatment addresses acne scars, fine lines and wrinkles, enlarged pores, uneven skin tone and rough texture.

The gradual nature of the process is central to how the service is planned. Results build over four to six weeks, and most patients see their best outcome after a series of three to six sessions spaced about four weeks apart.

"Microneedling is not an overnight fix, and setting that expectation is part of the job," said Tamra Bedford RN. "The skin needs time to rebuild collagen, so the changes show up over four to six weeks, and a series of three to six sessions is where most people see their fullest improvement."

"Because the same provider handles every session, the needle depth can be adjusted from one zone of the face to the next and refined visit to visit," Bedford added. "That consistency is how the approach stays focused on natural-looking results."

Bedford serves patients from across the Tri-Valley, including San Ramon, Danville, Pleasanton, Dublin, Alamo, Blackhawk and Walnut Creek. She sees patients at two locations: Tamra Bedford, Cosmetic RN, 160 Sunset Dr, Suite 110, San Ramon, California 94583, tamrabedford.com, and at Blackhawk Plastic Surgery and MedSpa, 3600 Blackhawk Plaza Circle, Danville, California. Both locations serve patients from throughout the region.

Tamra Bedford, Cosmetic RN is a medical spa in San Ramon, California, owned and operated by a registered nurse who specializes in cosmetic procedures. In addition to microneedling, the practice offers laser hair removal, Botox and Dysport, laser pore reduction and skin rejuvenation, dermal filler treatments, chemical peels, IPL and brown spot removal, and rosacea treatments. The practice is associated with Dr. Stephen Ronan, MD FACS, and Blackhawk Plastic Surgery.

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Tamra Bedford, Cosmetic RN

Tamra Bedford, Cosmetic RN: Over 20 years of expertise in personalized aesthetic treatments like laser hair removal and microneedling in San Ramon, CA.

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