

# MORPHEUS8

## (Radiofrequency-Microneedling)

### Treatment Instructions

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#### MORPHEUS8 PRE-TREATMENT INSTRUCTIONS

**Acne.** If you have active acne in area of treatment please call to reschedule.

**History of cold sores.** If you have a history cold sores please inform your provider. You may be prescribed an anti-viral medication to take as part of your microneedling treatment.

**Arrive with clean skin.** Please arrive with fully cleansed skin: no makeup, moisturizers, perfume, cologne or any other products on the skin.

**No hash skincare products or treatments.** Avoid Retin-A, retinoids, topical antibiotics, exfoliants, hydroquinone and benzoyl peroxide 3 days prior to treatment. No chemical peels, waxing, and chemical depilatories should be performed within 2 weeks of treatment.

**Topical Numbing.** Topical numbing cream will be applied prior to your treatment to allow for a comfortable treatment. Notify us of any medication allergies, pregnancy or if nursing.

**Avoid sun exposure.** No sun exposure, tanning beds or self-tanning products for three days prior to the procedure. Procedure will be canceled if you are sunburned. Bring a hat and/or scarf on the day of your procedure to wear after your treatment.

**Shaving.** Do not shave the area to be treated the day of the procedure.

#### MORPHEUS8 POST TREATMENT INSTRUCTIONS

##### WHAT TO EXPECT AFTER YOUR MORPHEUS8 TREATMENT

*After a Morpheus 8 treatment your skin will be red and flushed similar to if you had a moderate sunburn. Redness should be greatly reduced within 24-48 hours. You may experience swelling, burning, itching, bruising, soreness, skin tightness, flakiness, sensitivity, crusting and dryness. It may take up to 5-7 days for the skin to heal depending on the extensiveness of your treatment. Make sure to wash your face with only cool water and mild cleanser provided and pat dry skin. A mineral based sunscreen of SPF 30+ should be used when outdoors.*

**Cleaning Skin.** Cleanse the treated areas gently with mild soap such as Cetaphil or Cerave and water after 48 hours. Avoid drying or irritating facial products including Retinol and acids (Salicylic, Glycolic, etc.) for 2-3 weeks after the procedure. Do not rub or irritate the area.

**Treatment of Pain/Discomfort.** Ice packs and Tylenol can be used if you are feeling discomfort or swelling. Do not use anti-inflammatory medications such as Motrin or Ibuprofen as they cause bleeding or bruising.

**Bruising and Swelling.** Eat fresh pineapples or drink pineapple juice to minimize bruising and swelling. Arnica supplements can be taken to help with any bruising.

**No sun exposure.** Avoid direct sun exposure for at least 14 days. This also includes avoiding tanning beds or self-tanning products.

**Do not pick at skin.** No picking at any flaking skin, crusting or scabs and avoid using any exfoliating skincare products.

**Shaving.** Do not shave for 3 days after procedure and longer if the skin is still irritated.

**Exercise and Heat.** No sweating, exercising, jacuzzi, sauna or steam bath until skin irritation has resolved (3-7 days).

#### **DAY 1**

It is normal and expected for skin to feel red, stinging, sunburnt, tight, dry, swollen and sensitive to the touch. Drink plenty of water and avoid make-up. You may receive some sample skincare products that you can apply over the course of the next few days. Stay away from exfoliants or glycolic acids that are present in other cleansers as these can make your skin very dry after the procedure. Use Tylenol for pain. Avoid the sun exposure.

#### **DAY 2**

Sensations similar to day 1. Skin feels dry, tight and red. Use any post-procedure products you may have been given and use only gentle cleansers.

#### **DAY 3**

Pink. Less swelling. Mineral make-up is okay to start using. Do not pick or exfoliate the skin.

#### **DAY 5**

Starting to look great! Resume regular skin care products for skin. Continue to avoid sun exposure. There may be areas that are darker that flake off after a week.

#### **DAY 8-28**

Avoid direct sun exposure. When outdoors use sunscreen with a minimum SPF 30 and reapply every 1- 1½ hours.

If you have any questions or experience fever, chills, discharge, or extreme discomfort, please contact our office.