



THE NADERI CENTER
PLASTIC SURGERY & DERMATOLOGY

Morpheus8

Radiofrequency Microneedling · Treatment Instructions

Having more than one treatment? Follow the more cautious instruction. Always follow The Naderi Center's instructions rather than advice from friends, family, or online research.

ABOUT MORPHEUS8

What it is. Morpheus8 by InMode is not the same as microneedling. Its longer needles penetrate the tissue more deeply and also deliver radiofrequency energy, which heats the deeper layers to build new collagen and tighten. Microneedling does a great job on scars and the surface of the skin; Morpheus8 does more to improve tightness, as well as texture, wrinkles, and acne scars, on the face and body.

NOT A SURGICAL LIFT

The results are nowhere close to a surgical lift, and Morpheus8 is **not a substitute for surgery**.

- **A series, then maintenance.** Most people need 3–4 treatments, 4–6 weeks apart, then maintenance about once a year. Results build as new collagen forms, often visible within a few weeks and improving for about 3 months.
- **Downtime.** For most people, downtime is about 1–3 days, though it can be longer after deeper or body treatments.

BEFORE YOUR TREATMENT

THE NADERI ANTI-BLEEDING, ANTI-BRUIISING DIET

Start 2 weeks before your treatment. What you eat and take makes a big difference in how much you bleed and bruise. Most people think, “I eat healthy, so I’m fine,” but healthy foods are often the ones that cause bleeding: **nuts, seeds, fish, fish oil, vitamin D, NSAID pain medications such as ibuprofen, and supplements, especially herbal supplements.** Many other ingredients in today’s foods, drinks, vitamins, and supplements do the same. **Scan the code for the full list.**

Fresh pineapple, including the center core, and pineapple juice are fine before and after, and they help. Start Arnica and bromelain supplements after your treatment, not before.



Full list

- **Acne.** If you have active acne in the treatment area, please call to reschedule.
- **Cold sores.** If you have a history of cold sores, tell your provider. You may be prescribed an antiviral to take as part of your Morpheus8 treatment.
- **Accutane.** Tell us if you have taken Accutane (isotretinoin) in the past 6 months.
- **No harsh skincare products or treatments.** Avoid Retin-A, retinoids, topical antibiotics, exfoliants, hydroquinone, and benzoyl peroxide for 3 days before. No chemical peels, waxing, or depilatories within 2 weeks of treatment.
- **Avoid the sun.** No sun, tanning beds, or self-tanner for 3 days before. If you are sunburned, the procedure may be canceled for your safety. Bring a hat and/or scarf to wear after your treatment.
- **Shaving.** If you shave the area, shave the night before, not the day of, to avoid irritation.
- **Arrive with clean skin:** no makeup, moisturizer, perfume, cologne, or other products.
- **Numbing cream.** We apply numbing cream in the office before your treatment. Too much numbing cream can be absorbed into the bloodstream and cause serious side effects. **Do not apply large amounts to large areas at once**, and never cover it with plastic wrap or add heat. Use it only as our team directs.
- **Tell us** about any medication allergies, if you have a pacemaker or another implanted electronic device, or metal implants in the treatment area, and if you are **pregnant or nursing**.
- **Discomfort and Valium.** Even with numbing cream, the treatment can be uncomfortable for some patients. If someone can drive you, you may take Valium beforehand; ask us about a prescription and take it only as directed. A responsible adult must take you home. **You cannot leave alone in an Uber or taxi.** An Uber or taxi is fine only if a responsible adult rides with you.

AFTER YOUR TREATMENT

Some pinpoint bleeding during and right after treatment is normal and should stop quickly. Your skin will be red and flushed, like a moderate sunburn; redness should be much better within 24–48 hours. You may see a grid pattern of tiny dots or scabs from the pins, which fades as the skin heals. You may also have swelling, burning, itching, bruising, soreness, tightness, flaking, sensitivity, crusting, and dryness. Your skin may take up to 5–7 days to fully settle, depending on how extensive your treatment was.

- **Cleansing.** Do not wash the treated skin the day of treatment. Starting the next day, wash gently with cool water and a mild cleanser, such as the one provided, Cetaphil, or CeraVe, and pat dry. For 2–3 weeks avoid drying or irritating products, including retinol and acids (salicylic, glycolic, and others). Do not rub or irritate the area.
- **Pain and discomfort.** Ice packs and Tylenol can help. Do not use anti-inflammatories such as Motrin, Advil, or ibuprofen; they can increase bleeding and bruising.
- **Bruising and swelling.** Eat fresh pineapple, including the center core, or drink pineapple juice.
- **Arnica and bromelain.** Start Arnica and bromelain supplements after your treatment, not before. They help bruising and swelling fade faster.
- **Avoid the sun for 3 months.** Strictly protect the treated skin from direct sun, tanning beds, and self-tanner for 3 months. Treated skin burns and changes color easily. Wear a wide-brimmed hat, stay in the shade, and use a mineral sunscreen, SPF 30 or higher, reapplied every 2 hours outdoors. Sunscreen is not a substitute for sun avoidance.
- **Do not pick** at flaking skin, crusts, or scabs, and avoid exfoliating products.
- **Shaving.** Do not shave for 3 days, or longer if the skin is still irritated.
- **Exercise and heat.** No sweating, exercise, jacuzzi, sauna, or steam room until irritation has resolved (3–7 days).

DAY BY DAY

- **Day 1.** Red, stinging, sunburned, tight, dry, swollen, and sensitive skin is normal. Do not wash the treated skin today. Drink plenty of water and skip makeup. You may receive sample skincare products to apply over the next few days.
- **Day 2.** Similar to day 1: dry, tight, and red. Start washing gently with cool water and a mild cleanser, and use any post-procedure products you were given.
- **Day 3.** Pink, with less swelling. Mineral makeup is fine. Do not pick or exfoliate.
- **Days 5–7.** Starting to look great. You may return to your regular gentle skincare, but keep retinol and acids off until 2–3 weeks after treatment. Darker areas may flake off after about a week. Keep avoiding the sun for the full 3 months.

If you are ever unsure, our team is always available. Take a few clear, well-lit photos and email them to Staff@NaderiCenter.com. For anything more urgent, please call the office so we get your message quickly.

CALL US RIGHT AWAY IF YOU HAVE

- A cold sore outbreak or blisters
- Pain, redness, or swelling that gets worse instead of better after 2–3 days
- Severe pain that does not respond to Tylenol
- Signs of infection: increasing warmth, pus or drainage, chills, or a fever over 101°F
- Hives, a rash, or severe itching
- Darkening or lightening of the treated skin

CALL 911 IMMEDIATELY FOR

- Trouble breathing, or swelling of the lips, tongue, or throat
- Chest pain or a racing or irregular heartbeat
- Fainting or a seizure

REACH US

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