

Morpheus8

PRE & POST CARE



MED SPA

BEFORE

- Avoid skin irritation or intentional skin tanning.
- Wear sunscreen when outdoors and avoid direct sun in treatment area 7 days prior to treatment.
- Discontinue any irritant topical agents and/or Retinols or Tretinoins for 7 days prior to treatment.
- A pigment control cream may be recommended by your provider.
- Arrive for treatment with clean skin. There should be no lotion, make-up, perfume, powder, or lotion present on the skin.

EXPECTATIONS AFTER PROCEDURE

- You should have minimal discomfort. We will apply a light layer of serum followed by emollients. Initially you may experience the following:
 - Mild to moderate redness and/or swelling
 - Pinpoint bleeding
 - Temporary sensation of a mild to moderate sunburn
 - If treated with Resurfacing tip, sandpapery texture combined with exfoliation and sloughing of dead skin
- This can last 3-7 days on the face and 10 to 14 days on the neck and chest. Body areas may take longer to heal.
- Your healing should be quick and uneventful. Let us know if you experience anything unusual or concerning to you.

POTENTIAL SIDE-EFFECTS

- Hyperpigmentation - This is rarely seen. Please avoid sun exposure before and after the procedure.
- Redness and inflammation
- Bleeding - Bleeding problems are rare. Do not stop any blood thinners. Let us know if you have any bleeding disorders.
- Infection - Please call the office if you develop an increase in pain and/or swelling, fever, visible signs of infection or itchy rash.
- Scarring - This would be considered extremely rare.

POST-TREATMENT INSTRUCTIONS

- Immediately after treatment, most patients will experience erythema (redness) and edema (swelling) for 1-3 days, however for more aggressive treatments this may last longer. A mild to moderate sunburn sensation are also common post treatment and may last 1-3 days. Skin may be sandpapery and exfoliate for 2-14 days depending on treatment settings.
- Immediately post treatment a topical ointment may be applied to the face, no bandages or wraps are necessary.
- There are no restrictions on bathing except to treat the skin gently, avoid scrubbing or trauma to the treated area.



POST-TREATMENT INSTRUCTIONS

- Day 1-5 do not use any of the following skin care ingredients:
 - Glycolic Acid
 - Salicylic Acid
 - Retinols
 - Lactic/Kojic Acid
 - Hydroquinone
 - Harsh chemical exfoliants - If any skin care product produces a burning or stinging sensation for more than a minute, gently remove with clean cool water.
- Day 1-5 you can and should use:
 - Hyaluronic Acid Serum
 - B5 Serum
 - Bio-Peptide Serum
 - Growth Factor/Stem Cell Serums
 - Gentle cleanser
 - Oil -Free Gentle Moisturizers
 - CeraVe
 - Use a clean washcloth
 - Sleep on a clean pillowcase
 - Clean and disinfect your make-up brushes before applying make-up
 - Wipe your make-up with an alcohol wipe before applying make-up
 - Use a new make-up sponge
 - Wash your hands before touching your face for the first 4 days.
- Do not allow pets to sleep next to or on the treated area.
- Avoid activities and environments where your treated skin will be exposed to dirt, germs, bacteria, dust, pet dander, and prolonged heat.
- Do not use a steam room, sauna, or hot tub for 5 days.
- Avoid prolonged sun exposure to reduce the chance of hyperpigmentation.
- Use a zinc oxide/mineral based sun block SPF 30+ at all times after 24-48 hours.
- A topical ointment may be applied to the face after the treatment, like CeraVe. You may also use pure Aloe Vera to help cool the heat sensation. Do not use vaseline or other heavy, petroleum based jellies after the treatment. Do not apply any bandages.

REMEMBER

- Multiple treatments over a period of several months may be required to achieve the desired results.
- Use home care regimen as recommended by your provider to improve healing time, improve, and prolong the desired results.

Please contact our office if you experience anything unusual such as pain, blistering or excessive redness, itchy rash, fever, marked increase in swelling or redness, or visible signs of infection.

