



PRE & POST MORPHEUS8 TREATMENT INSTRUCTIONS

Pre-treatment Instructions

- Topical retinoid therapy should be discontinued 2-4 days prior to treatment
- Avoid any prolonged exposure to the sun, if you must be in the sun use a zinc oxide sunscreen of at least SPF 30.
- Avoid taking anticoagulants (aspirin, mobic, ibuprofen, naproxen) for one week if medical condition allows.
- Arrive to your appointment with clean skin. There should be no lotion, makeup, perfume, powder, bath or shower oil present on the skin to be treated. You will be given the opportunity to remove your make-up in the event this was not possible.

What to Expect

- Immediately after your treatment most patients will experience a clinical endpoint of erythema (redness) for 1-3 days, however for more aggressive treatments this may last longer. Slight to moderate edema (swelling) and mild to moderate sunburn sensation are also common post treatment and may last 1-3 days. Skin may crust and peel for 2-7 days depending on the treatment setting.
- Skin may feel warm and tighter than usual
- Skin may crust and peel for 3-7 days after treatment
- Redness and swelling may last for 3-4 days

Post-treatment Instructions

- Before discharge a topical ointment may be applied to the area, no bandages or wraps are necessary. You will be given samples of a topical antibiotic ointment to use for the 3 days after the procedure or you may apply Aquaphor healing ointment if you chose.
- Makeup may not be worn for 24 hours after the procedure. If there are no areas with active oozing and warm redness, makeup may be applied after this time.
- You should avoid strenuous exercise or any physical activity that causes sweating for 2 days post-treatment. Most patients experience light swelling and redness for a day or two after treatment.
- You may resume the use of your usual skin care products (usually 2-3 days). Retinoids may be used 5-7 days after treatment.
- There are no restrictions on bathing except to treat the skin gently, avoid scrubbing or trauma to the treated areas, as if you had a sunburn.
- Avoid the use of ICE to the treated areas (we want heat to stay in the treated areas to promote the skin changes you are striving for).
- Avoid sun exposure to reduce the chance of hyperpigmentation (darker pigmentation).
- The use of zinc oxide sunblock SPF 30 at all times after 24-48 hours.
- Multiple treatments over a period of several months may be required to achieve the desired response. You will notice immediate as well as longer-term improvements in your skin. The time for skin cell turnover is 28 days so most people will begin to see increased results after this time.