

Morpheus8

Pre-Treatment Instructions

- Please stop the following medications 7 days before your procedure AND avoid for 7 days after. By stopping these medications you can reduce the risk of bruising from the procedure and help the skin better respond to treatment.
 - Advil
 - Aleve
 - Aspirin
 - Vitamin E
 - Motrin
 - Ibuprofen
- Stop use of Retinol 7 days pre and post treatment
- If possible, plan to arrive with clean skin free of lotions, creams or make-up on day of treatment.
- Client should be in good general health and no recent injuries so body can focus its immune response solely on area being treated by Morpheus8.
- Avoid overexposure to the sun prior to treatment. Treatment should not be done if you've have a sunburn within 2 weeks.
- Keep in mind which area(s) will be treated. We do have spa wraps if needed but if you're doing a face and neck treatment and prefer to keep your own clothes on plan to wear something with a more open neckline.

Post-Treatment Instructions

- Do not take NSAIDS (medications listed in pre-treatment) for 7 days post- treatment. Morpheus8 works but triggering your body's natural inflammatory response, taking an anti-inflammatory medication during this time period will inhibit the desired response. Tylenol is ok to take.
- A layer of Aquaphor will be applied to your skin after your Morpheus8 treatment as a barrier cream to protect your skin. Leave this on until the morning after your treatment.
- For those getting Morpheus Resurfacing, you will be sent home with small amount of Aquaphor which should be used for 48-72 hours after treatment. Apply a thin layer to the skin by rubbing hands together and gently patting your treated area(s).
- Do not apply anything else to the skin other than Aquaphor on the day of your treatment.
- Cooling the skin will help with any discomfort.
- There are no restrictions on bathing except to treat the skin gently, avoid scrubbing or trauma to the treated area.
- Avoid sun exposure for 3 days to reduce the chance of hyperpigmentation.
- The use of a zinc oxide sun block SPF 30+ at all times after 24-48 hours.
- Do not swim or submerge area treated in lake, river, pool, hot tub for 48 hours.
- Avoid exercise for 24 hours.
- Keep skin well-hydrated with a gentle, fragrance-free moisturizer.

What to Expect

- Initial results may take 4-5 weeks. Best results are most often seen with more than one treatment. Your skin will continue to work at building collagen for months after treatment.
- Skin may be slightly swollen, tightened and pinkish/red for the first 24 hours.
- Immediately after treatment, most patients will experience erythema (redness) for 1-3 days however for more aggressive treatments this may last longer.
- Skin may crust and peel for 2-7 days depending on treatment settings, keep skin well-moisturized.
- Slight to moderate edema (swelling) and a mild to moderate sunburn sensation are also common post treatment and may last 1-3 days.
- Multiple treatments over a period of several months may be required to achieve the desired response.

After treatment, if you think you are having an allergic reaction or other reactions, such as difficulty swallowing, speaking, or breathing, call your doctor immediately.