

Morpheus8 Treatments

PRE + POST CARE INSTRUCTIONS



1 WEEK BEFORE YOUR PROCEDURE

- **Avoid** sun exposure (tans/burns/tanning beds/spray tans, self-tanning lotions)
- **Avoid** taking NSAIDS (Aspirin, ibuprofen, etc.), Vitamin E, Fish oil, Ginkgo Biloba, Ginseng, and St. John's Wart to reduce your risk of bruising and swelling.
- Consider taking Arnica tablets 1 week prior to treatments to minimize the risk of bruising. Arnica can be found at any health food store.
- **Avoid** any irritant topical agents including retinols/tretinoins, glycolic/salicylic acids.

DAY OF YOUR PROCEDURE

- ✗ **DO NOT** apply creams or lotions to the area being treated. Arrive with clean skin.
- * You will be numb for 45 to 60 minutes prior to procedure.

- * Be prepared for photos, consents and possible markings of area to be treated.
- * Prepare to be in the clinic for up to 2 hours.
- * Your procedure will last approximately 45 minutes to 1 hour depending on the areas being treated.
- * The procedure is performed with topical anesthesia, you may drive to and from our clinic.
- * **Please note**, that you may experience greater pain right before or during your menstrual cycle, so avoid scheduling near that time.
- * Once the treatment is complete, we will apply a topical first aid antibiotic ointment.

WHAT TO EXPECT POST PROCEDURE

- * Treated areas will be red, slightly swollen and feel hot like a sunburn. This is normal and expected. Minimal redness may last for up to 1 week. However, with more aggressive treatments this may last longer. A mild to moderate sunburn sensation is common post procedure. The shape of the applicator may be seen as a sunburn.
- * Superficial bruising may occur, typically around the eyes.
- * Small needle marks may be present for a few days to a week post-procedure.
- * Itching is common during the healing process, especially after the redness and swelling have resolved.

In the first 48 hours

- ✗ **DO NOT** apply any friction, rubbing or scratching to the treated areas.
- ✗ **NO** excessive heat or hot water.
- ✗ **Avoid** overheating or excessive sweating to the treated areas.
- ✓ You may gently apply cool water compresses to the treated areas when you get home to reduce discomfort or swelling.
- ✓ 2-3 hours after (preferably just before bedtime): You may use a gentle cleanser to wash your face. Resume normal cleansing the following day.
- ✓ After cleansing the treated area apply a thin layer of a topical first aid antibiotic ointment.
- ✓ You may take benadryl (oral) as needed if you experience itching and burning.

- ✗ **Avoid** sun exposure or tanning of any kind. When going outside, use SPF 30+ mineral sunscreen and consider wearing a hat.
- ✗ **NO** makeup or anti-aging creams or serums.
- ✗ **DO NOT** pull, pick, scratch or itch the treated areas.

After the first 48 hours

- ✓ You may resume your normal makeup routine and moisturizer.
- ✓ The use of a SPF 30+ should be used at all times when outdoors.
- ✓ You may start using your regular skin care regimen at 1 week.
- ✗ **DO NOT** use any abrasive or exfoliating products for 1 week.
- ✓ After 48 hours a topical over-the-counter hydrocortisone can be used 2 -3 times per day to relieve itching. Avoid the eye area and use for 1 to 2 days.
- ✗ **NO** direct sunlight for 2 weeks.

Call (317) 334-4424 if you have any questions or concerns.