

PRE & POST MORPHEUS8 TREATMENT INSTRUCTIONS

Pre-treatment Instructions

- Topical retinoid therapy should be discontinued 2 days prior to treatment
- Avoid any exposure to the sun for a minimum of 14 days (sun damage at the time of appointment will result in your appointment being rescheduled, and a possible rescheduling fee.
- Avoid taking anticoagulants (aspirin, mobic, ibuprofen, naproxen) for two weeks;

You may take Acetaminophen (Tylenol) as needed for pain not to exceed 3000 mg a day.

- Discontinue any irritant type topical products or treatments o Products such as Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula), scrubs or anything perceived as 'active' skincare. o Treatments such as microdermabrasion and laser.
- 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.

What to Expect

- Immediately after the treatment most patients will experience 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

- Use your post treatment pack as directed for the first 3-5 days
- Makeup may be worn after 72 hours after the procedure. If there are no areas with active oozing and warm redness, makeup may be applied after this time.
- You may resume the use of your usual skin care products after 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 ANY sun exposure to reduce the chance of hyperpigmentation or hypopigmentation (darker or lighter pigmentation). Use zinc oxide sunblock of at least spf 50 at all times after 24 hours.
- Multiple treatments over a period of several months will 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 that time.
- For at least 72 hours post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula) or anything perceived as 'active' skincare. • Avoid intentional and direct sunlight for at least 24 hours. No tanning beds. • Do not go swimming for at least 24 hours post-treatment. • No exercising or strenuous activity for the first 24 hours post-treatment. Sweating and gym environments are harmful, rife with bacteria, and may cause adverse reactions.