

## Morpheus8 Pre & Post Treatment Instructions

### Pre-Treatment Instructions:

- Please come to your appointment hydrated and bring a sun hat.
- A complimentary consultation before your Morpheus treatment is required.
- Notify your provider of your medical history, health status, or personal activities that may be relevant to your treatment.
- **1 Week** before the treatment: If you have previously suffered from facial cold sores, please inform your provider that you may need medications before treatment to minimize the chance of recurrence.
- Avoid sun exposure and tanning beds.
- Area(s) to be treated must be clean before treatment. Avoid makeup, lotion, or sunscreen.
- Refrain from chemical peels, waxing, or use of chemical depilatories for at least 2 weeks before and after treatment.
- Avoid the use of Retin-A / Retinol, alpha-hydroxy acid (AHA), or other topical irritants for 1 week before and following treatment.
- A pre-treatment prescription will be provided for topical anesthetic. This anesthetic will be applied upon arrival before treatment.

### Post-Treatment Instructions:

- Following your treatment, you will have some redness and may feel like you have mild sunburn and/or tingling sensations.
- Swelling and redness are normal and will typically subside within approximately 48 hours. Your skin may feel drier than usual.
- Tiny scabs may form 24-72 hours post-treatment and may remain for several days. The scabs should not be touched or scratched even if they itch and should be allowed to shed off naturally.
- **Avoid applying any product to the treated area for 24 hours.**
- During the first 48 hours following treatment, care should be taken to prevent trauma to the treated site. Avoid hot baths, massages, saunas, exercise, swimming pools, hot tubs, gyms, airplanes, etc. The skin should be kept clean to avoid contamination or infection.
- Cleaning Day 2: Use a gentle cleanser and tepid water to gently clean and dry the area treated. Always make sure that your hands are clean when touching the treated area.
- Use a physical sunscreen of at least 30 SPF.
- Avoid sun exposure for 1-2 weeks; one month if possible.
- Retinoid/ Retinol and AHA usage may be resumed 1 week following treatment.
- Makeup can be used 24+ hours after the procedure.