

# Morpheus8 Pre + Post Care Instructions

## Before your procedure

**2 weeks:** Avoid sun exposure (tans/burns/tanning beds/spray tans)

**10-14 days:** Avoid taking NSAIDS (Aspirin, ibuprofen, etc.), Vitamin E, Fish oil, Gingko Biloba, Ginseng, and St. John's Wart to reduce your risk of bruising and swelling. Tylenol is acceptable.

**1 week:** Consider taking Arnica tablets 1 week prior to treatment to minimize the risk of bruising. Arnica can be found at any health food store.

Avoid retinols/tretinoin and glycolic/salicylic acids, active products.

Anti HSV viral prophylaxis is recommended for patients with history of Herpes Simplex.

**2 days before:** Avoid consuming alcohol and/or smoking.

## Day of your procedure

Do not apply creams or lotions to the area being treated.

Come in with a clean face.

You will numb for 45 to 60 minutes prior to the procedure.

## Procedure

Your procedure will last approximately 45 minutes to 1 hour depending on the areas treated.

You are welcome to bring entertainment: a phone, tablet, and/or earphones to listen to during the procedure.

As this procedure is performed with topical anesthesia, you may drive to and from our center.

## What to expect

Immediately after treatment, most patients will experience erythema (redness) for 1-3 days, however for more aggressive treatments this may last longer. Slight to moderate edema (swelling) and a 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 treatment settings.

Superficial bruising *may* occur, typically around the eyes.

Skin may feel warm and tighter than usual.

## After your procedure

A topical ointment may be applied to the face, no bandages or wraps are necessary.

**2-3 hours** (preferably just before bedtime): You may use a gentle cleanser to wash your face.

**1 day:** There are no restrictions on bathing except to treat the skin gently, avoid scrubbing or trauma to the treated area. You may use a gentle cleanser, serums, light moisturizer, sunscreen (SPF 30 or higher), and mineral-based makeup using clean hands/sponges/brushes.

The use of a zinc oxide sun block SPF 30+ at all times after 24-48 hours.

**2 days:** Avoid consuming alcohol and/or smoking 2 days after your procedure.

**4 days:** 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. Tylenol is acceptable.

**1 week:** Avoid sun exposure to reduce the chance of hyperpigmentation.

You may start using your regular skin care regimen. Using a retinol product is strongly recommended as it will optimize your results.

**10 days:** Avoid direct sun exposure for 10 days post-treatment. NO TANNING BEDS.

## Follow-up

3-5 weeks after each treatment.

Multiple treatments over a period of several months may be required to achieve the desired response.

**Please call the office if you have any questions, concerns or reactions at (813)770-6753**