

## **Morpheus 8 Pre/Post Instructions and What to Expect**

### ***Pre Treatment***

- Avoid skin irritation or intentional skin tanning. Sun-screen is advisable when outdoors during daylight hours.
- Discontinue any irritant topical agents (such as retinol, Vitamin C, Hydroquinone, and Trentinoin) for 2-3 days prior to treatment.
- Arrive for treatment with clean skin. There should be no lotion, make-up, perfume, powder or bath/shower oil present on the skin in the area to be treated.
- If possible, stop the use of aspirin and NSAIDS such as Ibuprofen, Advil, Motrin-these will increase your likelihood of bruising.
- Be prepared to tell your service provider if you have any permanent make up such as micro bladed eye brows, lip blush, etc.
  - If you have a history of HSV or cold sores it may be recommended to start an antiviral medication prior to your treatment to decrease the risk of triggering an outbreak. Talk to your doctor or provider if this is a concern for you.

### ***Post-Treatment Care***

- 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 day to 2 weeks.
- Skin may crust and peel for 2-7 days depending on treatment settings.
- Before discharge a topical ointment may be applied to the face, no bandages or wraps are necessary.
- Make-up may not be worn for 24 hours after treatment.
- Do not use skin irritating products such as retinol for 5-7 days after treatment.
- There are no restrictions on bathing except to treat the skin gently, avoid

scrubbing or trauma to the treated area.

- Avoid sun exposure to reduce the chance of hyperpigmentation.
- The use of a zinc oxide sun block SPF 50+ should be used at all times after initial 24-48 hours.
- Multiple treatments over a period of several months may be required to achieve the desired response. You will notice immediate as well as long term improvements in your skin. The time for skin cell turnover is 28 days so most people will begin to see increased results after this time.