

Morpheus8

Previsit instructions

Arrive 60 minutes before appointment for application of numbing cream

Pre-Treatment Preparations

- Avoid skin irritation or intentional skin tanning. Sun-screen is advisable when outdoors during daylight hours.
- Discontinue any irritant agents (acne, Retinoids, etc) 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 able, discontinue and NSAIDS or anti-inflammatories you take 1 week prior to and stay off 1 week after treatment.

Post-Treatment Care

Cooling the skin can reduce excessive skin response

Apply healing ointment immediately post treatment and daily for 1-3 days (Aquaphor)

As soon as the needle holes close (1-3 days) apply moisturizer, sun-screen and if desired, make-up

You may take Tylenol/acetaminophen as needed for any discomfort and diphenhydramine as needed for itching.

- Immediately after treatment, most patients will experience redness for 1-3 days - however for more aggressive treatments this may last longer. Slight to moderate swelling and a mild to moderate sunburn sensation are also common after treatment and may last 1-3 days. Skin may crust and peel for 2-7 days depending on treatment settings.
- Before discharge a topical ointment will be applied to the face. No bandages or wraps are necessary.
- There are no restrictions on bathing except to treat the skin gently, avoid scrubbing or trauma or excessively hot water to the treated area.
- Use a fresh/clean pillow case the night of the procedure to avoid bacterial contamination of the face
- Avoid sun exposure to reduce the chance of hyperpigmentation.
- The use of zinc oxide sunblock SPF 30+ at all times after for 24-48 hours.
- Multiple treatments over a period of several months may be required to achieve the desired response.

Because this process relies upon an inflammatory response to work, best results are achieved if you do not take anti-inflammatory medications 1 week prior to and after treatment for one week.