

MORPHEUS8

Treatment Information

BEFORE A MORPHEUS8 APPOINTMENT

- Book a consultation - this is essential.
- Adding PRP to your treatment can improve results and decrease healing time.
- 6 months prior, speak to your doctor about stopping Isotretinoin Accutane prescriptions for 6 months and throughout your treatment plan timeline.
- 3 months prior, stop facial dermabrasion, any laser resurfacing, deep chemical peel treatments, epilation, waxing or tweezing.
- 2 weeks prior, stop anything that causes you skin irritation (topical creams) including tanning from the sun, tanning beds, or tanning creams/sprays.
- 7-10 days prior and post treatment, stop use of Retinol/Vitamin A and acids like AHA, lactic, glycolic, etc.
- 7-10 days prior and post treatment, stop blood thinning medications if safe to do so (seek the advice of your prescriber), stop ASA (aspirin), ibuprofen (i.e. Motrin, Advil), naproxen (Aleve), herbal supplements (i.e. garlic, ginseng, ginkgo biloba, St. John's Wort) and dietary supplements (i.e. omega 3, and vitamin E).
- 24 hours prior, avoid alcohol and drink electrolyte water.
- Fill in consent forms sent to your email.
- Arrive with clean skin (no lotion, make-up, perfume, powder, bath/shower oil residue in treatment areas).
- Arrive early! Your numbing cream takes time to take effect. If you are late, we may be forced to reschedule you.

DURING A MORPHEUS8 APPOINTMENT

- Your skin is gently cleansed, and our specialist applies a numbing cream to the targeted areas. She then addresses each treatment area with the Morpheus8 handpiece. The device delivers Radio Frequency energy through 24 coated micro-pins. The depth of the pins is customized depending on your goals and the area being treated to maximize results.

AFTER A MORPHEUS8 APPOINTMENT

- Downtime is 2-7 days. You will likely have swelling, redness, tenderness, sunburn sensation, possible crusting or bruising over the treated areas. You will receive a topical ointment; no bandages or wraps are necessary.
- In some cases, bruising and redness can persist for over 2 weeks (makeup may be applied after day 2)
- Space your sessions 4-6 weeks apart. More than 3 sessions are suggested for optimal results.
- For 24 hours after treatment, do not apply makeup over the injected area (risk of infection).
- Only touch the area with clean hands, clean makeup tools, and clean towels.
- You will be provided with post-treatment skin care products.
- You may choose to take acetaminophen (Tylenol) for inflammation, or Benadryl/Claritin for itchiness.
- For 7-14 days, avoid alcohol, strenuous exercise, exposure to UV radiation, and high heat environments.
- For the next two weeks, avoid massage and anything that causes irritation to the skin of the treated areas.
- Use SPF 40+ to reduce chances of hyperpigmentation.
- *Contact us:*
 - If you experience any other side effects, which you think are important.
 - If you also see your family doctor, a walk-in clinic doctor, or go to the ER.