MORPHEUS8 TREATMENT INSTRUCTIONS

PRE-TREATMENT INSTRUCTIONS:

- If you have any history of cold sores or fever blisters, it is recommended you pre-treat with Valtrex 500 mg twice daily starting two days prior to your treatment.
- Pacemaker or internal defibrillator, or other metallic or electronic implant in the body is not suggested. The handpiece should be used at least 1cm away from cochlear implants near the ear.
- No Botox (or any toxin) within 7+/- days of treatment.
- No Fillers within 3 weeks +/- of treatment.
- No history of skin cancer, or any other type of cancer, or pre-malignant moles.
- No immunosuppressive diseases or immunosuppressive medications.
- No poorly controlled endocrine disorders, such as, diabetes, thyroid dysfunction, and hormonal virilication.
- No history of skin disorders, keloid scarring, abnormal wound healing, as well as very dry fragile skin.
- No active skin conditions in the treatment area, such as, sores, psoriasis, eczema, and rash.
- No surgery in the treatment area in the past year
- Complete or update Health History forms.
- Stop anticoagulants 7-10 days prior to treatment, if medically permitted.
- If you have Melasma or skin type IV-V, we recommend pretreating with Hydroquinone for 6 weeks prior to treatment to reduce the risk of hyperpigmentation. Please discontinue 3 days before treatment.
- Please discontinue any products containing active ingredients 7 days prior to treatment, such as: Retinol (Retin-A, Tretinoin, Vitamin A), Glycolic Acid, Salicylic Acid, AHAs (Alpha-hydroxy acids), LHAs (Lipohydroxy acids) and Benzoyl Peroxide. Avoid hydroquinone for 3 days before your treatment. If you have any questions about your current skin care products, please call our office 856-988-8483
- Please show up to your treatment appointment with no makeup on.
- It is recommended to avoid direct sun exposure (including tanning beds) for at least 14 days prior to treatment, although Morpheus8 can safely treat tan skin. If you have a sunburn, please allow 7 days for it to heal prior to your treatment. Avoid sunless tanning creams or sprays on the treated area for 14 days prior.
- Do not wax or use depilatory creams on the treatment areas for 14 days prior to treatment.
- If your skin is dry/red/flaky you will need to reschedule your appointment. Providers cannot perform the treatment on sensitive or irritated skin.

POST-TREATMENT INSTRUCTIONS:

The Morpheus8 treatment creates outcomes based on the aggressiveness of the treatment taking into account your skin concerns, the health of your skin and your individual healing ability. Due to this, patient response can vary after a Morpheus8 treatment. Erythema (redness) and possibly edema (swelling) are the desired responses within a few minutes after the completion of the procedure. The degreeof redness and length of healing time will increase with the depth and coverage of the procedure.

- Redness is normal and expected. Redness can persist for up to 7 days depending on the aggressiveness of the treatment.
- Call the office if there is any indication of infection, excessive swelling, redness, undue pain, or any other unusual symptoms.
- Immediately after treatment, your provider may apply a protective and healing serum (Alastin Nectar) to the treated area. This should be reapplied twice daily or as directed to keep the skin moist, decrease redness and discomfort, and promote faster healing. If you elected to also have PRP (platelet rich plasma) added to your treatment, do not wash this for at least 12 hours. You may start using Alastin Nectar the following day.
- During the first two days following the treatment, the treatment area should be kept clean to avoid contamination or infection; any mechanical or thermal damage to the area must be avoided. Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser beginning the morning after the treatment. Use your hands to gently apply the cleanser and water and finish by patting dry with a soft cloth. DO NOT rub, scrub, use an exfoliant or a skin care brush in the treated area. Doing so could result in scarring and pigmentation complications.
- Moisturizer may be applied 24-72 hours after each treatment and then should be applied regularly throughout the course of the treatment. Make-up may be applied only 24-72 hours after each treatment session.
- Tiny scabs may appear after 1-3 days and stay for several days following the treatment. The scabs should not be touched or scratched even if they itch and should be allowed to flake off naturally.
- Itching may be experienced during the healing phase and is completely normal. Oral Benadryl may help itching but can cause drowsiness. DO NOT scratch the treated area as scarring and pigmentation complications can occur.
- Prophylactic antiviral therapy should be continued for patients with history of cold sores (Herpes Simplex) when treating around the mouth.
- The patient should use a high-factor sunscreen (at least 30 SPF) and protect the treated area from over-exposure to sunlight for at least one month after the treatment, starting 24-72 hours post treatment. Excessive tanning of any sort (sun exposure, tanning beds, and artificial tanning lotions) is not allowed in the treated areas during the entire course of the treatment. For skin types IV and V, a prescription bleaching regimen may be prescribed for 6-12 weeks, 2- 3 times a week following the healing of treatment area (typically 7 days) to minimize risk of post inflammatory hyper-pigmentation. It should be stopped 48-72 hours before another Morpheus8 session.
- Avoid strenuous exercise and sweating until after skin has healed.