



# Morpheus8 Pre & Post-Treatment Care

To ensure the safest experience and optimal results, please review these instructions in detail.

## PART 1: PRE-TREATMENT INSTRUCTIONS

For Skin Types IV-VI (Darker Skin Tones)

*Morpheus8 is safe for darker skin, but preparation is vital to prevent Post-Inflammatory Hyperpigmentation (PIH).*

- 2–4 Weeks Prior: You must prep your skin with a tyrosinase inhibitor or pigment control cream (e.g., Hydroquinone 4% or a non-HQ brightener).
- Discontinue: Stop using the pigment control cream 3 days before your treatment. Resume it 7 days post-treatment once the skin has healed.

### 4 Weeks Before

- Strict Sun Avoidance: Do not tan, burn, or use tanning beds. We cannot treat sun-damaged or tanned skin due to burn risk.
- Stop Self-Tanners: Discontinue all spray tans and self-tanning lotions to ensure your natural skin tone is visible.

### 1 Week Before

- Stop "Active" Skincare: Discontinue Retinol, Tretinoin (Retin-A), Vitamin C, Glycolic/Salicylic Acids, and Benzoyl Peroxide.
- Avoid Blood Thinners: To minimize bruising, avoid Aspirin, Ibuprofen (Motrin/Advil), Vitamin E, Fish Oil, and Ginkgo Biloba for 7–10 days (unless prescribed by a physician). Tylenol is safe to use.

- Cold Sore History: If you have a history of cold sores (HSV-1) on the face, notify us. We will prescribe a prophylactic antiviral to start 2 days before treatment.

## 24–48 Hours Before

- No Alcohol: Avoid alcohol for 48 hours to reduce bruising and dehydration.
- Hydrate: Drink plenty of water. Hydrated skin responds better to RF energy and heals faster.
- Hair Removal: Men should be clean-shaven in the treatment area.

## Day of Appointment

- Arrive Clean: Arrive with a completely clean face/body. No makeup, lotions, oils, or jewelry.
- Pain Management:
  - Standard: We apply a potent topical numbing cream for 45–60 minutes prior to treatment.
  - Optional (Advance Notice Required): If you have low pain tolerance, ask us about *Pro-Nox* (laughing gas) or prescription oral analgesics/anxiolytics. *Note: Oral meds require you to have a driver to take you home.*

# PART 2: POST-TREATMENT CARE

*The goal of post-care is to soothe the skin and allow the collagen-building inflammation to work without causing infection.*

## The "Golden Rule" of Morpheus8 Recovery

Do NOT Ice the Area.

While cooling with a fan is acceptable for comfort, avoid direct ice packs on the skin. The heat generated by Morpheus8 is what stimulates collagen; freezing the tissue immediately can blunt this positive inflammatory response.

## Phase 1: The First 24 Hours (Critical Phase)

- Do Not Touch: Avoid touching the treated area to prevent bacterial infection.
- Do Not Wash: Wait at least 12 hours (preferably until the next morning) before washing the area. The micro-channels are still closing.
- Clean Environment: Change your pillowcase to a fresh, clean one tonight. Sanitize your phone screen before holding it to your face.
- No Makeup: Strictly no makeup, sunscreen, or unapproved creams.
- Position: Sleep with your head elevated on two pillows to reduce swelling.

## Phase 2: Days 2–3

- Cleanse: Wash gently with lukewarm water and a gentle, non-active cleanser (e.g., Cetaphil, CeraVe, or a specific post-procedure wash). Use your hands only; no washcloths or scrub brushes. Pat dry.
- Hydrate & Protect: Apply the recommended post-procedure balm (e.g., Aquaphor, Alastin Skin Nectar, or Medical Barrier Cream). Keep the skin moist; do not let it dry out and crack.
- Sun Protection: Avoid direct sun. If you must go out, wear a wide-brimmed hat. You may apply a mineral-based sunscreen (Zinc/Titanium) starting 24 hours post-treatment.
- Activity: No sweating, heavy exercise, saunas, or hot tubs. Sweat can harbor bacteria and irritate the open channels.

## Phase 3: Days 4–7

- The "Grid Marks": You may notice a rough texture, sandpaper feel, or visible "grid marks" on the skin. This is normal. These are micro-scabs.
- DO NOT PICK: Do not scratch or exfoliate these scabs. Let them flake off naturally. Picking can cause scarring.
- Makeup: You may resume mineral makeup if the skin is not broken or oozing.
- Resume Actives: Once the skin feels smooth and all irritation has subsided (usually day 7), you may resume your normal skincare routine (Retinol, Vitamin C).

# PART 3: ELIGIBILITY & SAFETY CHECK

*Before scheduling your appointment, please confirm you do not have any of the following contraindications.*

Do NOT schedule Morpheus8 if:

- Implants: You have a pacemaker, internal defibrillator, cochlear implant, or permanent metal implants/screws in the treatment area.
- Pregnancy/Nursing: You are currently pregnant or breastfeeding.
- Accutane: You have taken Isotretinoin (Accutane) within the last 6 - 12 months.
- Active Skin Issues: You have open sores, psoriasis, eczema, active acne cysts, or a rash in the treatment area.
- Recent Procedures: You have had dermal fillers in the area (wait 6 weeks) or Botox (wait 2 weeks).

## SUMMARY OF KEY TIMELINES

Activity	When to Resume
Washing Face	The next morning (Lukewarm water + Gentle cleanser)
Makeup	48–72 hours (Mineral makeup preferred)
Sunscreen	24 hours post-treatment (Mineral SPF 30+)
Exercise/Sweating	72 hours
Retinols/Acids	7 days (or once skin is fully healed)
Next Treatment	4–6 weeks

While redness, swelling, and a sunburn sensation are normal, please contact us immediately if you experience:

- Signs of infection: Yellow/honey-colored crusting, oozing, or fever.
- Blisters or burns.
- Cold sore outbreak.
- Pain that is not relieved by Tylenol.

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*Disclaimer: This guide is for informational purposes and does not constitute medical advice. Always follow the specific instructions provided by your practitioner.*