

Morpheus8 Body Protocols

RF Body Remodeling

Patient Name: _____ Date: _____

Welcome to Sharief Aesthetics. Morpheus8 Body penetrates deeper than facial treatments to remodel fat and tissue. Because the body heals differently than the face, these protocols — especially around clothing — are essential to prevent complications such as folliculitis.

Pre-Treatment Preparation

1. Scheduling & Recovery

- Book your appointment on a day you can take entirely off.

Why: your body needs the rest of the day to recover from the treatment and any medications used.

2. Clothing Mandate (crucial)

- Arrive in loose, dark, comfortable clothing (e.g., baggy sweatpants, a loose shirt).
- Do NOT wear tight leggings, jeans, or sports bras that rub the treated area.

Why: loose clothing minimizes friction. Tight clothing rubs bacteria into the open micro-channels, leading to irritation and folliculitis (infected hair follicles).

3. Medical & Skin Prep

- Avoid sun and tanning beds on the treatment area for 2–3 weeks — we cannot treat sunburned or actively tanned skin.
 - Shower and thoroughly cleanse the area before arriving. Do not apply lotions, oils, or creams on the day of your appointment.
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Post-Treatment Recovery

Phase 1 — The First 24 Hours

- Do not shower for the first 12–24 hours, to let the micro-channels close.
- Keep the area clean and dry. When you do shower, use cool or lukewarm water and a gentle cleanser, and pat dry — do not rub.
- Continue wearing loose, breathable cotton. Avoid tight activewear, leggings, or underwire bras for at least 24 hours.

Phase 2 — Days 2–5 (healing phase)

- Hydrate: apply a gentle moisturizer 2–3 times daily as recommended.
Why: hydrated skin supports remodeling and reduces itching as it heals.
- Texture: expect tiny scabs, grid marks, or a rough "sandpaper" feel. Do NOT pick or scrub — let them flake naturally.
- Activity: avoid strenuous exercise, hot tubs, and saunas for 48–72 hours. Sweat trapped under clothing can cause infection in healing pores.

What to Expect Over Time

- Weeks 2–4: redness and bruising settle; you may feel mild tightening.

- Months 1–3: improvements in tightness, texture, and contour often develop gradually, and can continue for up to 6 months. Results vary from person to person.
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When to Contact Us

- **Routine questions:** 902-423-7919
- **After-hours concerns:** 902-340-2023

CONTACT US IMMEDIATELY — signs of infection: yellow or green discharge, fever over 38°C, spreading heat or redness, or worsening folliculitis (clusters of painful, infected-looking bumps).

SEEK URGENT MEDICAL CARE OR GO TO THE ER — if you develop a high fever, rapidly spreading redness, or feel very unwell.