

Morpheus8 Face Protocols

RF Microneedling — a minor surgical-level procedure

Patient Name: _____ Date: _____

Welcome to Sharief Aesthetics. Morpheus8 is not a spa facial — it is a medical procedure that works deep in the skin to remodel tissue, and your body recovers from it much like a minor surgery. Strict adherence to these protocols protects your safety and your results.

Pre-Treatment Preparation

Scheduling & Recovery (mandatory)

- Book your appointment on a day you can take entirely off — treat it as a "Self-Care Day."

Why: your body responds to this treatment much like a minor surgery; you need downtime to recover from both the medication and the procedure.

Transportation & Driving

- Arrange for a responsible adult to drive you home. Do not drive for the rest of the day.

Why: sedation, pain control, and the physical stress of the procedure can impair reaction time and judgment.

The 3-Week Sun Rule

- Avoid tanning beds, spray tans, and direct sun for 3 weeks before your appointment — untanned skin is required.

Why: heat and active pigment cells raise the risk of post-inflammatory hyperpigmentation (dark spots).

Medical Skin Prep

- Stop Retinol, Glycolic/Salicylic Acid, and harsh scrubs 3–5 days before treatment.
 - Tell the clinic if you have a history of cold sores (HSV) — you may need antiviral medication beforehand.
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Post-Treatment Recovery

Phase 1 — The First 24 Hours (the "open channel" phase)

- Do NOT use your regular face wash, Vitamin C, acids, or active serums. Wash with cool water and clean hands only, and apply only the healing balm provided.
- Change to a fresh pillowcase, wipe your phone with alcohol, and keep pets away from your face.

Why: the microneedles leave thousands of micro-channels open in the skin. Everyday objects carry bacteria that can enter and cause serious infection.

Phase 2 — Days 2–5 (healing phase)

- No heavy makeup (foundation, concealer, powder) until the skin feels smooth (usually 3–5 days).

Why: makeup applied while the channels are still open can trap pigment or bacteria under the skin, causing permanent tattooing or infection.

- Sun: strictly avoid sun for 3 weeks. From Day 2, apply a broad-spectrum mineral SPF 30+ daily.
 - Activity: avoid strenuous exercise, the gym, and saunas for 48–72 hours — sweat carries bacteria and salts that sting and inflame healing tissue.
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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, or heat and redness that spread.

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