Philly Med Club
MEDICINE . AESTHETICS . REJUVENATION

Pre & Post Care

Patient instructions for **Morpheus8, microneedling, LaseMD Ultra** and the **GlowUp Package**

Questions before or after your treatment? Call us at **215-770-1830**.

Before your treatment

1. Arrive with clean skin: no lotion, makeup, perfume, powder or shower oil on the area to be treated.
2. Excess hair may need to be shaved the night before. Men should arrive clean-shaven.
3. No sun tanning or self-tanners for 2–4 weeks before treatment. This includes spray tans, tanning lotions, tanning beds and sun exposure.
4. Avoid anything that may irritate the skin, such as waxing or hair-removal creams, for 1–2 weeks before treatment.
5. Tell us about any changes to your health history or medications since your last appointment.
6. If you have a history of herpes or cold sores, you may need an antiviral prescription before treatment.
7. For one week before your treatment, avoid aspirin, ibuprofen, Excedrin, Motrin, ginkgo biloba, ginseng, flax oil, cod liver oil, fish oil, vitamin A, vitamin E and other essential fatty acid supplements. **If your aspirin is prescribed for a heart or neurological condition, do not stop it on your own; call the office first.** Avoid caffeine and alcohol for a few days before your treatment. If you need pain relief, Tylenol is your best choice.
8. Stop topical retinoids and any irritating skin products, including topical antibiotics and exfoliants, at least 1 week before treatment.
9. Stay hydrated: drink at least 8 glasses of water in the 24 hours before your treatment.

After your treatment

1. **What to expect.** Redness usually lasts 3–5 days, and can last longer after a more aggressive treatment. Mild to moderate swelling and a sunburn-like sensation are also common and may last 1–3 days. Skin may crust and peel for 2–7 days.

2. **PRP mask** (if your treatment included one). Leave the PRP on your skin for 3–4 hours. Then rinse gently with lukewarm water only (no soap) and pat dry. Do not rub.

3. **First 24 hours.** Wash the treated area with lukewarm water only, no soap. Do not put Vaseline on the treated area. After that you can bathe as normal; just treat the skin gently and avoid scrubbing or rubbing the area.

4. **First 2 days.** Keep the area clean to avoid infection, and avoid heat and friction: no hot tubs, saunas or similar.

5. **Sun.** Avoid sun exposure to reduce the chance of dark spots (hyperpigmentation). Starting 72 hours after treatment, use a high-factor sunscreen (SPF 30 or higher) and protect the treated area from the sun for at least one month. No tanning of any kind (sun, tanning beds or self-tanner) on treated areas for your whole course of treatment.

6. **Moisturizer and makeup.** Wait 72 hours after each treatment. After that, apply moisturizer regularly throughout your course of treatment.

7. **Skin irritants.** Avoid products containing tretinoin, retinol, benzoyl peroxide, glycolic or salicylic acid, or astringents for a few days after treatment.

8. **Scabs.** Tiny scabs may appear after 1–3 days and last for several days. Do not pick or scratch them, even if they itch; let them flake off on their own.

9. **Blisters** are rare. If they occur, your provider may prescribe an antibiotic ointment or burn cream.

10. **Cold sores.** If you have a history of cold sores and were treated around the mouth, keep taking your antiviral medication as prescribed.

11. **Your treatment plan.** The number of sessions depends on you and on how intensive the treatment is, usually 1 to 5 sessions, typically spaced 4–6 weeks apart.

When to call us

Some redness and mild swelling are normal for the first few days. Call us at **215-770-1830** if:

- redness is not improving after 24 hours, or is getting worse
- swelling is increasing rather than going down
- you notice blisters, pus, fever, or anything that worries you

If we're closed, leave a message and we'll call you back. **For a medical emergency, call 911.**

Tell us before your appointment if you have…

Some conditions mean a treatment isn't safe for you, or that we need to change or delay it. We'll review your full history at your visit.

- A pacemaker, internal defibrillator, cochlear implant, or any other metal or electronic implant
- Metal plates, screws, piercings, or silicone implants in the area being treated
- Current or past skin cancer or any other cancer, or moles that have been flagged as abnormal
- Pregnancy or breastfeeding
- A serious heart condition, or reduced feeling in the area being treated
- A condition or medication that weakens the immune system (such as HIV, chemotherapy, or transplant medications)
- Diabetes, thyroid disease, or another hormone condition that is not well controlled
- Cold sores or herpes in or near the area being treated
- Filler, fat, or collagen injections in the area within the past 6 months, or Botox within the past week
- Open sores, rash, eczema, psoriasis, or any active skin condition in the area
- Keloid scars, slow or abnormal wound healing, or very dry, fragile skin
- A bleeding disorder, or use of blood thinners
- Facial surgery within the past year
- Dermabrasion, a deep chemical peel, or resurfacing within the past 3 months
- Laser, light, or radiofrequency treatment in the area within the past 3 weeks (or within the past 3 months for a resurfacing laser, such as CO2)
- Accutane (isotretinoin) within the past 6 months
- Tattoos or permanent makeup in the area that you want to keep
- A tan from the sun, tanning beds, or self-tanner within the past 2 weeks

Dark or light spots after past procedures? If you have had dark or light spots after past skin procedures, let us know. We'll discuss at your visit whether a skin-lightening cream before and during your treatment course is right for you.