

## Pre and Post Care for Morpheus8 RF Microneedling

### Before Your Treatment:

- Do not wear makeup on the day of treatment.
- Excess hair may need to be shaved the night prior. Men should be cleanly shaved.
- No sun-tanning or self-tanners 4 weeks prior to treatment
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc.)
- History of herpes or cold sores may require an anti-viral prescription, please let your provider know.
- Stop any prescription skin lightener at least 48 hours prior Morpheus8 treatment to minimize risk of post inflammatory hyper-pigmentation. Stop any tretinoin and other active skin ingredients one week prior.
- To minimize bruising it is recommended three days before your procedure stop taking blood thinners (except medically necessary), including: aspirin, ibuprofen, ginkgo biloba, ginseng, flax oil, cod liver oil, fish oil, vitamin A, vitamin E and other essential fatty acids. If you must take pain medication, Tylenol is your best choice.

### After your treatment:

- **Discomfort, Swelling, Bruising:** Cool the treatment area for 10-20 min for comfort using a fan or A/C. \*\*\*\*\* PLEASE DO NOT ICE unless otherwise specified. Tylenol (Acetaminophen) may be taken for discomfort. Take VitaMedica Oral Arnica Blister Pack (available in office) immediately and for the next 5 days.
- **Cleansing:** No soap or cleanser for 24 hours. Use lukewarm water only. During the first two days following treatment the treatment area should be kept clean to avoid contamination or infection; any mechanical or thermal damage (AVOID hot tubs, saunas, etc.) to the area(s) must be avoided. Use gentle cleanser after 24 hours. We recommend LivingYoung Chamomile Cleanser (available in office)
- **Skincare:**
  - Use LivingYoung Vita Soothe 1 hour after your treatment and continue applying 2 times a day.
  - Further recommendations from your provider based on your individual skin care needs.
- **Makeup:** may be applied at least 24 hours after each treatment session.
- **Sun/heat exposure:** 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 your treatment(s). 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. We recommend LivingYoung Daily Replenishing SPF (available in office) which will not irritate your skin. Heat exposure (hot tubs, etc) can make swelling worse and it is best to avoid until the swelling subsides.

### **Contraindications:**

- Pacemaker or internal defibrillator, or other metallic or electronic implant anywhere in the body. The Hand piece should be used at least 1cm away from cochlear implants in the ear. Current or history of skin cancer, or any other type of cancer, or pre-malignant moles.
- Pregnancy and nursing.
- Severe concurrent conditions, such as cardiac disorders or sensory disturbances.
- Impaired immune system due to immunosuppressive diseases such as AIDS and HIV or use of immunosuppressive medications.
- Poorly controlled endocrine disorders, such as diabetes or thyroid dysfunction and hormonal virilization.
- Use of Isotretinoin (Accutane®) within 6 months prior to treatment.
- History of keloid scarring, any active skin condition in the treatment area, such as sores, psoriasis, eczema, and rash.

### **What should I expect?**

Normally 3-6 sessions of Morpheus8 are needed. These are spaced about 4-6 weeks apart. Your skin will continue to change for 3 months after each treatment session. When stacking treatments 4-6 weeks apart, you will continue to see your skin remodel for 6-12 months.

After the Morpheus8 Microneedling Radiofrequency procedure, the skin will be red and flushed in appearance in a similar way to a moderate sunburn. The treated areas may be swollen and raised and can persist for several days to weeks. You may see needle/grid marks as well as the area heals. You may experience skin tightness and mild sensitivity to touch on the area being treated. There may be peeling of the skin in some people in certain areas of the face which were treated. Micro-bruising and a sandpaper like texture to the skin is normal, usually lasting 2-7 days, however some cases have lasted 2-4 weeks. Overall it can take up to 4 weeks for your skin to completely heal.