

Morpheus8

Morpheus8 Pre-Treatment Instructions (Face)

2–4 Weeks Before:

- Avoid sun exposure and tanning beds. No sunburns or tans at the time of treatment.
- Stop using self-tanner or tanning sprays on the face.
- No Botox or dermal fillers in the face for at least 2 weeks prior.

7–10 Days Before:

Discontinue use of:

- Retinoids (Retin-A, tretinoin)
- Hydroquinone
- Alpha/Beta Hydroxy Acids (glycolic/salicylic)
- Vitamin C serums
- Harsh scrubs or exfoliants
- Use a gentle cleanser and moisturizer daily.
- Hydrate well and avoid alcohol, aspirin, and NSAIDs for 48–72 hours to reduce bruising risk.

1–2 Days Before:

- If you're prone to cold sores (herpes simplex), start antiviral medication (e.g., valacyclovir) as prescribed.
- Shave facial hair (men) the night before if applicable.

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AESTHETICS

Day of Treatment:

- Wash your face with a gentle cleanser.
 - Do not wear makeup, moisturizer, sunscreen, or any skincare products.
 - Wear loose, comfortable clothing and be prepared to arrive 30–60 minutes early for numbing cream application.
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Morpheus8 Post-Treatment Instructions (Face)

Immediately After:

- Redness, warmth, swelling, and mild tenderness are normal for up to 1–3 days.
- You may notice small pinpoint scabs or “grid-like” marks — this is part of the healing process.

First 24–48 Hours:

- Gently cleanse with lukewarm water and a non-active cleanser (no scrubs or acids).
- Apply only what your provider recommends — often a plain hydrating serum (like hyaluronic acid) or healing ointment (like Aquaphor).
- Do not apply makeup, sunscreen, or unapproved skincare products.
- No hot showers, steam, sauna, or intense workouts.

Days 3–7:

- Redness and swelling should gradually subside.
- You may experience mild flaking or dryness — do not pick or exfoliate.
- Resume using gentle moisturizer and mineral sunscreen (SPF 30+).
- Avoid harsh ingredients (retinol, acids, exfoliants) until skin is fully healed.

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AESTHETICS

After 7 Days:

- Most patients can return to their regular skincare routine.
- Continue hydrating and protecting the skin with sunscreen daily.
- Your provider may recommend a series of 3 sessions, spaced 4–6 weeks apart for best results.

Call Your Provider If You Experience:

- Blistering, crusting, or yellow discharge
 - Severe pain or swelling beyond 3–4 days
 - Fever or chills
 - Signs of infection or a cold sore outbreak
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AESTHETICS

Morpheus8 Pre-Treatment Instructions (Body)

2–4 Weeks Before:

- Avoid sun exposure and tanning beds, no tan or sunburn on the treatment area.
- Discontinue self-tanner or spray tans.
- Use a daily gentle moisturizer to keep skin hydrated.

7–10 Days Before:

- Stop using:
 - Retinols or retinoids
 - Exfoliating acids (AHA/BHA)
 - Harsh scrubs or body exfoliators
- Switch to gentle, non-active body cleansers and lotions. Stay well hydrated; drink plenty of water.
- Avoid NSAIDs (ibuprofen, aspirin) and alcohol for at least 48–72 hours to reduce bruising risk.

1–2 Days Before:

- Shave the treatment area if advised by your provider (no waxing, sugaring, or depilatory creams).
- If prone to cold sores and treatment includes the lower back or hips, consult about antiviral medication.

Day of Treatment:

- Shower and cleanse the treatment area. Do not apply lotion, oil, deodorant, or body products.
- Wear loose, breathable clothing that won't rub against the treated area.
- A topical numbing cream will be applied, arrive early if instructed.

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AESTHETICS

Morpheus8 Post-Treatment Instructions (Body)

Immediately After:

- Expect redness, swelling, warmth, and small pinpoint scabs. The area may feel sunburned or tender.
- Mild bruising or grid-like marks may appear and fade over a few days.

First 24–48 Hours:

- Cleanse the area gently with lukewarm water and a fragrance-free cleanser.
- Apply only approved ointments or healing balms (Aquaphor, Alastin, or provider-recommended options).
- No tight clothing or friction on the area.
- Avoid heavy sweating, exercise, sauna, or hot tubs.

Days 3–7:

- Do not pick, rub, or exfoliate the skin.
- Wear loose, soft clothing until the area is fully healed.
- You may resume applying a gentle, fragrance-free lotion.
- Apply mineral sunscreen if the area is exposed to the sun.

After 7 Days:

- Most redness and scabbing should resolve.
- Resume normal body care routine unless otherwise directed.
- Continue your treatment series as recommended (typically 3 sessions spaced 4–6 weeks apart).

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AESTHETICS

Contact Your Provider If You Experience:

- Blistering, pus, or signs of infection
 - Prolonged or severe swelling
 - Severe pain, dark discoloration, or heat
 - Cold sore outbreak or flu-like symptoms
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What to Expect:

- Mild redness, warmth, or swelling in the treated area for up to 3 days
 - Slight tenderness or a sunburn-like sensation
 - Small scabs or grid marks that will naturally flake off in 3–7 days
 - Possible bruising or tightness, which will subside
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What to Do:

- Do not touch the area for 24hrs
 - After 24 hrs gently cleanse the area with lukewarm water and a mild, fragrance-free cleanser
 - Apply only approved healing products
 - Wear loose, breathable clothing to minimize friction
 - Avoid sun exposure; apply mineral sunscreen (SPF 30+) if skin is exposed
 - Stay hydrated and continue moisturizing
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What to Avoid:

- Picking, scrubbing, or exfoliating the treated area
 - Intense workouts, sweating, saunas, or hot baths for at least 48 hours
 - Applying makeup, lotion, or deodorant directly on the treated area for 48 hours
 - Using active skincare ingredients (retinol, acids) for 10 days
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Most patients see best results with a series of 3 treatments spaced 4–6 weeks apart.

If you experience anything unusual, such as blistering, severe swelling, prolonged discomfort, or signs of infection, please contact us immediately.
