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## Morpheus8 Pre- & Post-Treatment Instructions



Do



Don't



Good to know

### One Week Before Treatment

- ✗ **Avoid blood thinners and supplements:** aspirin, ibuprofen (Advil, Motrin), naproxen (Aleve), vitamin E, fish oil, ginkgo biloba, ginseng, and St. John's Wort. These raise your risk of bruising and swelling. Never stop a medication your doctor prescribed without checking with them first.
- ✓ **Tylenol is OK:** you may take acetaminophen (Tylenol) as needed, up to 3,000 mg per day.
- ✓ **Consider Arnica:** 5 to 6 Arnica pellets under the tongue daily, starting one week before treatment, may help reduce bruising.

### Three Days Before Treatment

- ✗ **Stop active skincare:** alpha hydroxy acids (AHAs), beta hydroxy acids (BHAs), retinol or other vitamin A products, low-pH vitamin C, scrubs, and anything else "active."
- ✗ **Pause other treatments:** no microdermabrasion, laser, or similar treatments on the area.
- ✗ **Stay out of the sun:** no prolonged sun exposure on the treatment area. We can't treat sunburned, very dry, or damaged skin.
- ✓ **Arrive with healthy, calm skin.**

### Day of Treatment

- ✓ **Shower as usual,** but don't apply lotion, powder, oils, or other products to the treatment area.
- ✓ **Face or neck treatment:** cleanse the area, skip makeup, and bring a hair tie if you have long hair.
- ! **Numbing:** topical numbing cream is applied for 45 to 60 minutes before your treatment.

### What to Expect

- ! **Treatment time:** about 45 minutes to 1 hour, depending on the areas treated.
- ! **Bring entertainment:** you're welcome to bring a phone, tablet, music, or earbuds.
- ! **Driving:** because we use topical numbing only, you can drive yourself to and from your appointment.
- ! **Right after:** we apply a protective ointment (Aquaphor). Your skin will look and feel like a moderate sunburn and may feel warm and tight.
- ! **Healing timeline:** redness and swelling usually last 3 to 4 days, crusting or peeling 3 to 7 days, and small bumps can last a couple of weeks.

### Aftercare

- ✓ **Clean:** wash gently with a soothing cleanser and lukewarm water, then pat dry. Always wash your hands before touching the area.
- ✓ **Hydrate:** apply a healing ointment to the area for the first 2 to 3 days, until the skin heals.
- ✓ **Makeup:** you may wear makeup after 2 to 3 days. Clean your brushes first.

- ✔ **Protect:** starting 24 hours after treatment, wear a physical (mineral) sunscreen with zinc oxide or titanium dioxide, SPF 30 or higher, every day and any time you're outside. We recommend iS Clinical Extreme Protect SPF 40.

### What to Avoid

- ✗ **Active skincare for 48 to 72 hours:** no AHAs, BHAs, retinol, low-pH vitamin C, or other active products.
- ✗ **Chemical sunscreens:** avoid oxybenzone, avobenzene, octisalate, octocrylene, homosalate, and octinoxate while your skin heals.
- ✗ **Blood thinners and supplements:** keep avoiding aspirin, ibuprofen, vitamin E, fish oil, ginkgo biloba, ginseng, and St. John's Wort. Tylenol is fine for discomfort.
- ✗ **Direct sun for 24 to 48 hours,** and no tanning beds for 7 to 10 days.
- ✗ **Swimming for 24 to 48 hours.**
- ✗ **Exercise, heavy sweating, and the gym for 24 to 48 hours.** Sweat and bacteria can irritate healing skin and raise the risk of a reaction.

### When to Call Us

- ! **Call 763-205-6952** if you notice increasing pain, warmth, pus, spreading redness, fever, blistering, or anything that worries you. For an emergency, call 911.