



## MORPHEUS8 PRE/POST TREATMENT INSTRUCTIONS

### PRE-TREATMENT PREPARATION

- Hydrate- Moisturize skin in the morning and evening, and drink at least 8 glasses of water per day to completely hydrate your skin and optimize treatment results.
- If you have a history of Herpes Simplex (HSV) outbreaks, you can be provided a prescription for anti-viral prophylaxis to be taken 3-4 days prior to treatment.
- Review contraindications
- Topical retinoid therapy should be discontinued 3-4 days prior to treatment. Discontinue any irritant topical agents 2-3 days prior to treatment.
- Avoid any prolonged direct sun exposure. If you must be in the sun use zinc oxide sunscreen of at least SPF 30+. Avoid self-tanner and spray tanning for 7-10 days prior to treatment.
- Avoid anticoagulants such as aspirin, aleve or ibuprofen 10 days prior to treatment and if medically permitted stop prescribed anticoagulants as well. Anticoagulants increase the possibility of bruising. Use Tylenol instead.
- Topical anesthetic gel will be called in to a compounding pharmacy so you can pick it up.
- 1 hour before appointment, treatment area should be thoroughly cleaned. Make sure all hairspray, gel, make-up, lotions, deodorants, self-tanning products, perfume, powder, ointments, etc. is cleaned off.
- Apply a thin to moderate layer of topical anesthetic gel to all areas being treated 1 hour before appointment
- Complete & sign the medical history and informed consent prior to treatment

### POST TREATMENT INSTRUCTIONS

- Immediately after treatment most patients will experience erythema (redness), slight to moderate edema (swelling), and a mild to moderate sunburn sensation that will last a couple hours. Tiny scabs may appear on day 1 and stay for a day or so following the treatment. The scabs should not be touched or scratched even if they itch and should be allowed to flake off naturally. Occasionally blisters may form & will be treated with a prescribed antibiotic ointment/burn cream per Dr.'s discretion.
- After the treatment, emollient cream such as Aquaphor, Vaniply, or Vaseline will be applied to the treatment area. Continue to reapply as often as needed for 1-2 days to keep skin moist and protected.
- Treat the skin gently. Avoid scrubbing, trauma or heat to the treated area. Use water only or a gentle cleanser for the first 24-72 hours & your usual skin products & make-up can be applied after that time.
- During treatment sessions & 1 month following avoid sun exposure/tanning beds to reduce chance of hyperpigmentation (darker pigmentation). Start using sun block SPF 30+ 24-48 hours after treatments.
- Multiple treatments over a period of several months may be required to achieve the desired response. You may notice immediate as well as longer-term improvements in your skin.
- Please contact us if there is any indication of infection, excessive swelling, redness, undue pain, or any other unusual symptom.