



Morpheus8

Pre-Treatment Instructions

10 Days Before Treatment

Stop taking NSAIDS (non-steroidal inflammatory drugs) such as Aspirin and Ibuprofen two weeks prior to treatment. This type of drug can interfere with normal blood clotting.

Also, avoid taking vitamin E, ginseng, and fish oil to reduce the risk of bruising and swelling.

Discontinue using retinol, salicylic acids, tretinoins, and other topical products with “active” ingredients as well.

Three Days Before Treatment

Avoid smoking and/or consuming alcohol.

What to Do on Your Treatment Day

- ✓ Shower as usual.
- ✓ Do not apply cream, lotion, or any other products to the treatment area.
- ✓ Do not use makeup.
- ✓ If you have long hair, bring a hairband so you can keep it out of your face.

What to Expect Post-Treatment

Immediately after the treatment, you will look and feel like you have a moderate sunburn. Expect your skin to have a pink or reddish hue (erythema). Your skin may also feel warm and tighter than normal.

There may be a little edema (swelling) and superficial bruising around the eyes. Crusting and peeling for three to seven days post-treatment is also common.

You may notice small needle marks on the treatment area, but don't worry! They will disappear in about three days. If you've had a more aggressive treatment, they should be gone after approximately a week.

Morpheus8 Aftercare Instructions

Two to Three Hours After the Treatment

Wash the treated area with a mild cleanser and lukewarm water. Do this at least two to three hours after the procedure or before going to bed. Avoid scrubbing your face, exfoliating, or picking your skin. Pat the skin dry with a clean towel. If you were given a topical balm by your skin care specialist, now is the time to use it. Also make sure to use clean pillowcases, sheets, and blankets to avoid infections.

Day One

Morpheus8 aftercare involves continuing your skincare routine of using a Dermaclinique Radiant Cleanser and Dermaclinique Soothe Moisturizer. It's best to avoid makeup, retinol, and other products with harsh ingredients.

You can only resume using your usual skincare products after two to three days. Retinols may be used again five to seven days after the treatment. Always remember to clean your hands before touching your face!

Also, avoid sun exposure to reduce the chance of developing hyperpigmentation. While there are no restrictions on bathing, it's best to avoid scrubbing or inflicting any trauma to the treated areas.

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Day Two

You can start using Dermaclinique Shield SPF broad spectrum mineral sunscreen such as zinc or titanium dioxide. However, it's best to avoid chemical sunscreens made from octisalate, oxybenzone, homosalate, avobenzone, and similar ingredients. Continue to avoid activities that expose you to the sun (e.g. swimming and tanning beds). Also, avoid hot tubs, saunas, going to the gym, and other activities that make you sweat as they may cause adverse reactions.

Dermaclinique sells a variety of chemical free medical grade sunscreen.

To ensure proper healing and minimize the risk of swelling or bruising, also avoid:

- ✓ Wearing perfume
- ✓ Smoking
- ✓ Consuming alcohol
- ✓ Aspirin, Ibuprofen, and other NSAIDS

Day Three

You may start wearing makeup 48 hours after the treatment.

One Week

You can restart your regular skin care regimen. We recommend using Dermaclinique Renew Retinol products at this point to optimize the result of the treatment.

Contact Our Office

- ✓ If you develop blisters or open sore in the treatment area.
- ✓ If your side effects worsen or persist for longer than 2 weeks
- ✓ If you are experiencing significant pain that is not relieved by the recommended pain medication listed above.