



The Dermatology Center

Morpheus8 Pre + Post Care Instructions

Before your Procedure

- 2 WEEKS BEFORE treatment, avoid sun exposure (tans/burns/tanning beds/spray tans)
- 1 WEEK BEFORE treatment, discontinue all topical products containing Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, Vitamin C, or any anti-aging products.
- 10-14 DAYS BEFORE treatment, do not ingest blood thinning medications such as Aspirin, Motrin, Ibuprofen, and Aleve.
 - If you have a cardiovascular history, please check with your doctor prior to stopping the use of blood thinners.
- 2 DAYS BEFORE treatment, do not drink alcoholic beverages.
- AVOID bleaching, waxing, tweezing, or using depilatory creams in the treatment area.
- Use sunscreen with UVA/UVB protection with SPF 30 or higher.
- If you have a history of Herpes or cold sores, a course of anti-viral medication before and after treatment is required. Please call our office for a prescription.

Day of your Procedure

- Please come to the office without make-up, creams, gels, or lotions on treatment areas.
- We will have you wash your face when you arrive at the practice.
- A topical anesthetic will be applied to your skin, and you will numb for 45-60 minutes.
- Once the treatment is complete, we will apply a topical moisturizer.

What to Expect

- Minimal pinkness/redness may last for up to 1 week.
- Superficial bruising may occur, typically around the eyes.
- Small needle marks may be present for a few days to a week post-procedure.

After your Procedure

- Wait a few hours (preferably at bedtime) before gently washing your face. Using a gentle cleanser, massage your face to remove the remaining serum and dried blood.

- Sleep in a slightly elevated position for the first 2-3 days to help prevent additional swelling.
- 2 DAYS AFTER Avoid consuming alcohol and/or smoking 2 days after your procedure.
- 4 DAYS AFTER Avoid taking NSAIDS (Aspirin, Ibuprofen, etc.), Vitamin E and Fish Oil to reduce your risk of bruising and swelling.
- 1 WEEK AFTER You may start using your regular skin care regiment. Using a retinol product is strongly recommended as it will optimize your results.
- 10 DAYS AFTER Avoid direct sun exposure for 10 days post-treatment. NO TANNING BEDS.

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.