



Morpheus 8

What Can Be Expected?

- Immediately after your treatment, you will look and feel like you have a moderate sunburn, there may be small red dots on the face
- Skin may feel warm and tighter than usual
- Skin may crust and peel for 3-7 days after treatment
- Redness and swelling may last for 72 hours
- Everyone heals differently. If you experience a histamine reaction (itchiness) post treatment, this is normal. You may take Benadryl or Claritin orally and continue to use Aquaphor or Bacitracin. If the histamine reaction persists, please email me or call the front desk and we will phone in a prednisone (steroid) prescription into your pharmacy.

After Treatment:

- **CLEANSE** – Use a soothing cleanser (we recommend ZO or Skinceuticals Gentle Cleanser) with lukewarm water to cleanse the face and gently pat dry the treated skin until it heals. Always make sure that your hands are clean when touching the treated area.
- **PROTECT** - Your provider will apply Aquaphor or bacitracin directly post Morpheus8. You must keep your skin coated with this for a minimum of 24 hours post treatment. You may cleanse your skin, but make sure to reapply Aquaphor or bacitracin after.
- **HYDRATE** – Use a gentle moisturizer or healing ointment on the treatment area until skin heals.
- **MAKEUP** – Can be applied 2 days after the treatment. Clean makeup brushes prior to using.
- **SUN PROTECTION** – At 24 hours after the procedure, you should apply a broad spectrum UVA/UVB sunscreen with a minimum of SPF30 (we suggest SkinMedica TDR), **AT ALL TIMES** when you will be outside. Use a physical sunscreen (Zinc/Titanium Dioxide) daily. Do not use chemical sunscreens (oxybenzone, avobenzone, octisalate, octocrylene, homosalate and octinoxate).
- **Reapply often**→ In addition to reducing your future risk of skin cancer, sunscreens also reduce wrinkles and slow the aging process.

What to Avoid:

To ensure the proper healing environment, be certain to observe the following:

- For at least 48 hours post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula) or anything perceived as 'active' skincare.
- Avoid intentional and direct sunlight for at least 24 hours. No tanning beds.
- Do not go swimming for at least 24 hours post-treatment.

- No exercising or strenuous activity for the first 24 hours post-treatment. Sweating and gym environments are harmful, rife with bacteria, and may cause adverse reactions.