



## **Morpheus8 Pre and Post Treatment Guidelines**

### Two weeks prior to treatment:

- No prolonged sun exposure or self-tanner to the area being treated.
  - A treatment **will not** be administered on sunburned or self-tanned skin.

### One week prior to treatment:

- Discontinue any irritant type topical products or treatments
  - Products such as Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula), scrubs, or anything perceived as “active” skincare.
  - Treatments such as microdermabrasion and laser

### Two days prior to treatment:

- Should you desire, we offer prophylactic treatment for all patients.
  - Valtrex 500 mg orally twice daily for 5 days
  - Start Valtrex 2 days prior to procedure and continue 3 days post procedure.
- Shave treatment area if hair is present.
  - No waxing 2 weeks prior to treatment.
- Drink lots of water for adequate hydration leading up to treatment.

### Day of treatment:

- Wash treatment area with cleansing soap prior to arrival
  - Do not apply any lotion, powder, oils, makeup, or other products to treatment area.
- If you have long hair, bring a hairband to pull it back if your face is being treated.
- Avoid NSAIDs, such as Motrin and Ibuprofen, on the day of treatment.
- Minimize caffeine consumption on day of treatment.

### Expectations after treatment:

- Immediately post treatment, you will look and feel like you have a moderate sunburn.
  - Redness and swelling may last 7 days.
- Skin may crust and peel for 3-7 days after treatment.

- Needle marks may be present on skin for up to 14 days.
  - Crusting from the ablated dots will exfoliate naturally after 1-3 weeks.

#### Post treatment care:

- Use a gentle cleanser with lukewarm water to cleanse the treatment area and gently pat dry until it heals.
  - Always make sure that your hands are clean when touching the treated area.
- Use a healing ointment, such as Aquaphor, for at least 2 days on the treatment area until the skin heals.
- Drink lots of water for the next 2 days.
- Makeup can be applied 2 days after the treatment.
- Apply a broad-spectrum UVA/UVB physical sunscreen (Zinc/Titanium Dioxide) with an SPF 30 every day starting 24 hours after treatment.

#### What to avoid:

- For 1-week 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 the first 24 hours.
- Do not go swimming for at least 2 days post treatment.
- No exercising or strenuous activity for the first 24 hours.