



Morpheus8 Treatment Instructions

Pre Morpheus8 Treatment Instructions:

- Hydrate yourself a few days before your appointment. Get plenty of rest the night before your appointment. Apply moisturizer day/night and drink plenty of water to optimize treatment results. Avoid extra caffeine or starvation the day of the procedure.
- Avoid anticoagulants such as Aspirin, Ibuprofen and Naproxen for one week prior to your appointment if condition allows. Ask your physician if you have a medical condition requiring anticoagulants.
- An antiviral prescription may be needed if you have a history of cold sores. Ask the provider, if you need one.
- Topical products such as Retinol, Vitamin C and Glycolic acid should be discontinued 2-4 days prior to appointment.
- It is recommended that your hair is tied back, out of your face and shirts do not have a tight neckline to avoid numbing cream sticking to your clothes.
- Have post-procedure ointment ready at home, to use during the first 24+ hours after treatment. Vaseline and aquaphor are safe options. We recommend purchasing medical grade Aftercare at our office which contains growth factors to boost results, and aid in the healing process.
- It is a good idea to take tylenol 1 hr prior to the procedure.

Topical Numbing Cream Instructions:

- Call us AT LEAST 2 business days prior to your Morpheus8 appointment to pick up topical numbing cream if you have not received it from us already.
- Exfoliate your skin well. Clean with rubbing alcohol to remove traces of oil.
- Apply a thick layer of ointment to the areas being treated, 45-60 minutes prior to the procedure: too thin or too late won't work! Rub it in, then leave a thick layer on. It should be visibly goopy, but not dripping. Do NOT apply inside the boney rim of the eye socket. We will apply some there when you arrive. 20 minutes prior, apply more to areas that don't feel numb.
- Caution: If it gets in your eyes, wash it off immediately and continue to flush with water until you can't feel it stinging anymore. Try to avoid getting the ointment on the pink part of your lips. If your lips do become numb (common), avoid licking them or letting the ointment get into your mouth or throat. If you swallow some, your throat will feel numb which is very anxiety-provoking and can make you feel like you are choking. If this happens, wipe or rinse your mouth out. If you feel like you are going to choke on your saliva, bend over so you are upside down until you return to normal.
- Sun avoidance is critical while you have visibly healing dots.
- If the topical numbing isn't enough for you, you can use nitrous oxide(\$50) or have troublesome areas injected with lidocaine (\$50).
- If taking prescription pain medication, please have a driver.

Post Morpheus Instructions:

- For the first 24-48 hours you should only apply Aquaphor or medical grade Aftercare that we carry. After that, you can apply makeup and regular products.
- It is important to use broad spectrum sunscreen while skin is healing in any way, ideally forever of course!
- You should expect to see micro lesions, tiny pinpoint rough dots, a few days after treatment which can last an average of up to 5 days.
- You may also have slight redness, or areas of dryness for up to 1 week depending on treatment parameters. Makeup can camouflage most visible signs, after the first 24-48 hours.