



MORPHEUS8 PRE & POST CARE INSTRUCTIONS

Pre-treatment Instructions

- You will be prescribed 10 Valtrex tabs. Start taking 5 days before treatment and continue to take 5 days post treatment.
- Inform your physician if you have a history of cold sores.
- Topical retinoids as well as active acids such as glycolic acid, salicylic acid, and alpha hydroxy acid should be discontinued 2-4 days prior to treatment
- Avoid any prolonged exposure to the sun, if you must be in the sun use a zinc oxide sunscreen of at least SPF 30. We recommend YovinoMD Beauty HA Defense Tint.
- Avoid taking anticoagulants (aspirin, mobic, ibuprofen, naproxen) for one week if medical condition allows.
- Arrive to your appointment with clean skin. There should be no lotion, makeup, perfume, powder, bath or shower oil present on the skin to be treated. You will be given the opportunity to remove your make up in the event this was not possible.

What to Expect

- Immediately after your treatment most patients will experience a clinical endpoint of erythema (redness) for 1-3 days, however for more aggressive treatments this may last longer. Slight to moderate edema (swelling) and mild to moderate sunburn sensation are also common post treatment and may last 1-3 days.
- Skin may feel warm and tighter than usual
- Skin may crust and peel for 2-7 days after treatment depending on the treatment setting.
- Redness and swelling may last for 3-4 days

Post-treatment Instructions

- Before discharge a topical ointment or occlusive dressing may be applied to the treated areas. You may apply Aquaphor Healing Ointment at home if you chose. Your skin may look red and feel warm to the touch. Do not ice the area or use any topical anti-inflammatory creams including steroids. We recommend YovinoMD Beauty Premium Growth Factor Cream to boost results and hydrate the skin
- Makeup may not be worn for 24 hours after the procedure. If there are no areas with active oozing and warm redness, makeup may be applied after this time.
- Avoid exercise and excessive sweating for the first 48-72 hours.
- You may resume the use of your usual skin care products (usually 2-3 days post treatment). Retinoids may be used 5-7 days after treatment.
- There are no restrictions on bathing except to treat the skin gently, avoid scrubbing or trauma to the treated areas, as if you had a sunburn.
- Small needle marks may be present for up to a week on treated areas.
- Avoid sun exposure to reduce the chance of hyperpigmentation (darker pigmentation).
- The use of zinc oxide sunblock spf 30 at all times after 24-48 hours. We recommend YovinoMD Beauty HA Defense Tint.

- Multiple treatments over a period of several months may be required to achieve the desired response. You will notice immediate as well as longer term improvements in your skin. The time for skin cell turnover is 28 days so most people will begin to see increased results after this time.
- Follow up 4-6 Weeks after each treatment.