

Morpheus8 Pre and Post Care Guide

Morpheus8 is a microneedling procedure paired with radio frequency. To optimize your results, we strongly recommend that you follow our pre and post care instructions!

We highly recommend purchasing Alastin's Procedure Enhancement Kit (\$275) as it will include everything you will need post procedure, including a cleanser, repair serum, moisturizer, and sunscreen. This will enhance your skin's healing ability as well as your results.

3 Days Prior to Treatment:

- Stop the use of NSAID medications such as Aspirin, Ibuprofen, and Naproxen.
- Avoid alcohol consumption.
- Discontinue the use of these topical products and treatments: Alpha Hydroxy Acids, Beta Hydroxy Acids, Retinol (Vitamin A), Vitamin C, physical exfoliation, chemical, or enzymatic exfoliation.
- **Sun:** Skin that is sunburned is not treatable.
- Skin that has been tanned must wait 2 weeks to be treated.
- Wear an adequate amount of sunscreen and minimize sun exposure.
- Any self-tanner applied to the treated area must be completely removed. Treatment cannot be administered if there is any tanner left on the skin.

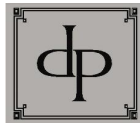
Day of Treatment:

- Arrive with cleansed, make-up free skin.
- Prepare to spend at least an hour and a half in the office for the duration of the treatment. The amount of time may vary depending on the area(s) being treated.
- A topical numbing of lidocaine and tetracaine compound will be applied on the skin for one hour. *(Please alert the office if you have any allergies to lidocaine or tetracaine.)*

What to Expect:

- After treatment you will look and feel like you have a moderate sunburn, which may vary depending on skin sensitivity.
- Skin will feel warm and tight.
- Minor pinpoint bruising may occur but is a normal occurrence during treatment.
- Skin peeling, flaking, or itching is to be expected 3-7 days post treatment.
- Redness, swelling, and sensitivity may last 1-7 days post treatment. Redness is greatly reduced by day 2.
- Collagen and elastin will start to reproduce 3-4 weeks after treatment. You can expect to start seeing changes about a month after each treatment, although some do not start seeing results until after their third session.
- Results will continue to develop for months after your last treatment!

After Treatment:



- **Cleanse:** Do not cleanse the area on the same day as treatment. You may gently cleanse the area **the day after** treatment with a gentle, fragrance-free cleanser. Make sure hands are always clean before touching the area.
- **Moisturize:** Use a gentle moisturizer on the area. We recommend Alastin Skin Nectar as your post treatment solution. If excess dryness occurs, you may layer with Cerave or Cetaphil moisturizer.
- **Makeup:** You may return to wearing makeup 72 hours after treatment. This will allow enough time for tiny micro holes to close. Make sure to use clean hands and makeup brushes.
- **Sunscreen:** Make sure to apply sunscreen 24 hours post procedure. Make sure the sunscreen is a broad spectrum, UVA and UVB sunscreen with a minimum of SPF30. We highly recommend the Alastin SilkSHIELD All Mineral SPF 30 as it is safe to use post-procedure. (This is included in the Alastin Procedure Enhancement Kit). Make sure to **apply and reapply** whenever you are outside, and especially when driving in the car during the day.
- **Sun Exposure:** Avoid intentional and direct sun exposure for at least 48 hours. No tanning beds.
- **Skin Care Regimen:** Do not use for at least one week post treatment: Alpha Hydroxy Acids, Beta Hydroxy Acids, Retinol (Vitamin A), Vitamin C, physical exfoliation, chemical exfoliation, or enzymatic exfoliation.
- **Working Out:** No exercising or strenuous activity for the first 48 hours post-treatment. Sweating and gym environments are harmful, filled with bacteria, and may cause adverse reactions.

If you experience swelling:

- It is recommended to avoid the use of ice packs, or medications to lessen swelling. Swelling is a normal side effect that is necessary to achieving optimal results.
- Swelling around thin-skinned areas such as the eyes is normal. Keep head elevated to minimize swelling.
- Stay hydrated.
- If swelling appears to be abnormal or continues longer than 7 days, please contact us.

How to keep and extend your results: Results can last for 12-18 months if you take the proper care!

- **Sunscreen:** The sun is the #1 contributor to aging. UVA and UVB rays are responsible for 90% of the destruction of collagen and elastin. Sunscreen is the best anti-aging measure that can be taken to help maintain and prevent future signs of premature aging.
- **Retinol:** Incorporating a retinol into your routine after your treatment series is a great way to improve and extend your results. Remember to always wear a sunscreen, especially after incorporating a retinol into your routine as it makes you more sun sensitive. We highly recommend Alastin's Renewal Retinol.

Filler and Botox:

- Please wait 3-4 weeks after your injections before having your Morpheus treatment.

50 NY-111, Suite 300, Smithtown, NY 11787

P (631) 352-3556 F (631) 352-3557 C (516) 672-827

 drdavidpincus  pincusplasticsurgery  pincusplasticsurgery.com  beautiful@pincusplasticsurgery.com