



Morpheus8
Pre and Post Care

Pre Treatment Instructions:

- If okayed by your healthcare provider, do not take any blood thinning medications such as Ibuprofen, Advil, Vitamin E, Fish oil, Excedrin, Aleve, etc. for at least 7 days prior to your treatment.
- Avoid alcohol at least three days prior to your appointment. This will help diminish the swelling after your treatment.
- Please avoid at-home exfoliating within 7 days prior to your treatment, such as; at-home dermaplaning, shaving, chemical peels, masks and retinols.
- You cannot be pregnant or nursing.
- No Self Tanner for 2-4 weeks leading up to treatment.
- Please arrive to your appointment with clean skin. There should be no makeup, lotion, or other product present on the skin in the area to be treated.
- You will numb for approximately 1 hour prior to procedure with a topical lidocaine and tetracaine gel. It is included in the selected booking time.
- Wear a loose, v-neck dark colored top. Numbing cream may leave a mark on clothing.

Post Treatment Instructions:

- After the procedure the treatment area will be cleaned and ointment applied.
- Lightly cleanse the treatment site with ZO gentle cleanser (do not scrub) then apply ZO accelerated serum as well as ointment (such as Aquaphor, Vaseline or antibiotic ointment) to the treatment area twice daily for the first 48 hours. After 48 hours, cleanse gently then apply serum and hydrating creme as instructed twice daily. Tiny scabs may appear during the healing process. Please do not pick at the scabs.

- Avoid drying or irritating facial products including Retinol and acids (Salicylic, Glycolic, etc.) for 2 weeks after the procedure. Do not rub or irritate the area.
- Although these effects are rare and temporary, redness and swelling may last up to 2 weeks and are a part of a normal reaction to the treatment. Bruises occur in some people and last 1 to 2 weeks and are a normal reaction to the treatment.
- Limit physical activity and exposure to excessive heat (including fires, saunas, hot tubs, steam showers) and UV light for 1-2 wks.
- Only take prescribed pain medication or Tylenol for pain relief (not both) after your procedure, unless instructed otherwise. Other pain relievers such as Aspirin or NSAIDs (i.e. Advil, Motrin, Ibuprofen, Naproxen, Aleve, etc.) can thin the blood and cause bleeding or bruising. The only exception to this rule is if your primary care doctor has prescribed you to take a daily Aspirin, NSAID, or other blood thinner. Take all antibiotics unless instructed otherwise.
- Do NOT drink alcohol for 48 hours as instructed after this procedure. Drinking alcohol can negatively affect healing and can cause thinning of the blood, bleeding, crusting and/or bruising.
- If you have any questions or experience fever, chills, discharge, or extreme discomfort, please contact the treatment provider.