

## MORPHEUS8 NON-INVASIVE SURGICAL PROCEDURE

### PRE & POST OPERATIVE INSTRUCTIONS

Often added in combination with other surgical procedures, Morpheus8 is a safe and effective minimally invasive modular radiofrequency fractional solution for full body subdermal adipose remodeling. Delivers exceptional skin, tissue, and collagen remodeling.

#### PRE-CARE INSTRUCTIONS

- Treatment w/ Morpheus to the BODY
  - **1 week prior:** Avoid NSAIDS such as Advil, Motrin, Aleve, Aspirin, other anti-inflammatories as these will inhibit cosmetic results.
  - **Avoid caffeine:** Please avoid for 24-48 hours prior to treatment. Drink 8-10 glasses of water each day to keep skin well hydrated.
  - Some patients may be required to prep the skin with 4% hydroquinone cream for two weeks prior to the treatment.
    - Morpheus8 generates heat to the treatment area. With darker skin individuals this heat increases the risk of post inflammatory hyperpigmentation (PIH). 4% hydroquinone will help suppress the melanin production prior to treatment.
    - There is still a risk, even with pretreatment, with Hydroquinone you can treat hyperpigment to the treatment area.
    - Please avoid tanning, tanning beds, or any self-tanner to the treatment area. This alters the natural color of the skin and because skin will be darker in appearance could increase the risk of burns which results in scarring and/or pigment changes to the skin.
  - Please relay any medical conditions that may interfere with treatment.
- Treatment w/ Morpheus to the FACE:
  - **Avoid 2 weeks prior:** any cosmetic treatments to the face which include:
    - Neurotoxins
    - Filler injections
    - Electrolysis, waxing creams
    - Any laser treatments such as: laser hair removal
    - Any cosmetic facial treatments such as: microdermabrasion, facials
  - Areas with dental crowns, caps, braces, or other metal objects may be more sensitive than other areas.
  - All other above information for body applies as well.

## WHAT TO EXPECT POST PROCEDURE

- You will experience a mild degree of discomfort, redness, and/or irritation during and after the treatment. If discomfort persists after 24 hours, please contact the office.
- Mild swelling and redness may occur for 1-3 days post procedure.
  - Ice packs can be helpful in reducing the swelling and the warmth the skin generates post procedure.
- Scabbing and/or pin-point markings from the procedure is to be expected for approximately 1 week after the procedure. This is normal.



- Do NOT pick, scratch, or exfoliate the treatment area for approximately 1 week post procedure. Allow the scabbing to shed naturally.
- Avoid any heat to the area for 3 days after the procedure. This includes:
  - Exercise
  - Sun Exposure
  - Hot showers/baths
  - Saunas
  - Or any area that causes sweat
- Please avoid tanning of any sort and sunbathing for 2 weeks after your procedure.
- Make-up can be applied at 24 hours after the procedure.
- Moisturize the area with a bland moisturizer and apply a minimum SPF30 if treatment area will be in direct sunlight (i.e., face).

## PRODUCTS SUPPLIED

You will receive a **Avène Recovery Kit** to use after the procedure. The products in this kit will help soothe and calm the skin down post procedure. Most patients will choose to use these products for 3 days after the procedure.