

## Morpheus/Fractora Treatment Regimen

The effectiveness of radiofrequency microneedling is highly dependent on patient cooperation. There are many things a patient can do to increase the safety of effectiveness of their treatment, as follows:

### Before treatment:

- Hydrate. We recommend that for seven days pre-treatment, you moisturize skin in the morning and evening, and drink at least 8 glasses of water per day to completely hydrate your skin and optimize treatment results.
- Discontinue any irritant topical agents for 2-3 days prior to treatment. Topical retinoid therapy should be discontinued 3-5 days prior to treatment.
- You may be provided an antiviral medication if you have a history of cold sores, starting 3-4 days prior to the procedure.
- Avoid any prolonged exposure to the sun. If you must be in the sun, use a zinc oxide sunscreen of at least SPF 30+.
- Avoiding taking anticoagulants for 10 days before treatment, if medical condition allows. Consult with your physician.
- Bleaching products should be discontinued 48 hours prior to treatment.
- Alastin Skin Nectar is recommended starting 7 days prior to the procedure in order to assist with cell turnover by removing damaged cells and making room for new collagen formation. **Alastin Skin Nectar is available for purchase in our office.**
- You should shave the area to be treated morning of to avoid long and dense hairs if present.
- **Arrive for treatment with clean skin.** There should be no lotion, make-up, perfume, powder, bath/shower oil present on the skin in the area to be treated.

In order to maximize safety of your treatment, you will be asked to sign a consent form indicating that all of the pre-treatment recommendations have been followed and post-treatment recommendations have been reviewed. You will also be asked to confirm that you have no contraindications to treatment (listed on page 2).

### During treatment:

- On the day of your first treatment, we will apply a topical anesthetic 45-60 minutes prior to your procedure.
- You will be offered Pro-Nox, which is an inhaled gas comprised of 50% oxygen and 50% nitrous oxide and is used to improve tolerability during the needling procedure. This safe treatment incurs a fee of \$75 per use and is optional.

### After treatment:

- Immediately after 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 a mild to moderate sunburn sensation are also common posttreatment and may last 1-3 days. Skin may crust and peel for 2-7 days, depending on the treatment settings. Tiny scabs may appear after 1-3 days. Do not scratch or touch even if itchy. Let them fall off naturally.
- Alastin Skin Nectar will be applied to the face immediately following your procedure (unless combined with PRP). You should re-apply the product 1-2 times per day for 2-3 days (or until redness resolves) to promote healing and reduce downtime. Keep your skin clean for the first two days to avoid contamination or infections. **Alastin Skin Nectar is available for purchase in our office.**

- There are no restrictions on bathing except to treat the skin gently, avoid scrubbing or trauma to the treated area, as if you had sunburn. Gentle face wash can be used if desired.
- Avoid sun exposure to reduce the chance of hyperpigmentation (darker pigmentation).
- You should use **zinc oxide** sun block SPF 30+ at all times after 24-48 hours. Avoid tanning, sun exposure or tanning lotions during the entire course of your treatment.
- You may resume using a light moisturizer and light mineral makeup, if desired, after 2 days.

Multiple treatments over a period of several months may be required to achieve the desired response. You may notice immediate, as well as longer term improvements in your skin.

The following **contraindications** should be discussed with your provider if any apply:

- Pregnancy or nursing
- Under 18 years of age
- Pacemaker or internal defibrillator
- Permanent implant in the treated area such as metal plates and screws, silicone implants or an injected chemical substance
- Current or history of cancer, especially skin cancer, or pre-malignant moles
- Impaired immune system due to immunosuppressive diseases such as AIDS and HIV, or use of immunosuppressive medications
- Severe concurrent conditions such as cardiac disorders, epilepsy, uncontrolled hypertension, and liver or kidney diseases
- A history of diseases stimulated by heat, such as recurrent Herpes Simplex in the treatment area
- Any active condition in the treatment area, such as sores, psoriasis, eczema and rash as well as excessively/freshly tanned skin
- History of skin disorders such as keloid scarring, abnormal wound healing, as well as very dry and fragile skin
- Any medical condition that might impair skin healing
- Poorly controlled endocrine disorders, such as diabetes or thyroid dysfunction
- Any surgical, invasive, ablative procedure in the treatment area in the last 3 months or before complete healing
- Allergies or intolerance to local anesthetics (lidocaine, etc)
- Active malignant facial lesions or lesions of concern

Please discuss the following with your provider:

- Existing or recent illness
- Recent hospitalization/surgery
- Medications

**Please don't hesitate to call our office at (203) 303-7170 if you have any questions or concerns.**