



## EmbraceRF: Morpheus8 Procedure

Morpheus8 is a revolutionary FDA-approved microneedling technology that utilizes fractional radiofrequency energy to stimulate collagen production, reduce wrinkles and scars, tighten and lift the face/neck, melt excess fat, clear acne, and resurface the skin. Morpheus8 is applied externally and delivers heat to the deeper layers of skin via a matrix of gold-coated micro pins to ensure minimal downtime, maximal results, and safety for use on ALL skin types. Most patients see smoother, more beautiful skin as well as natural, youthful facial contouring in 1-3 in-office treatments.

The following information will answer the most commonly asked questions regarding what to expect before, during, and after treatment. It is highly advised that you read this packet **SEVERAL** times **BEFORE** treatment to adequately prepare. Those who follow these instructions faithfully generally have the smoothest post-procedure course and proper healing.

**Recommended Items to Purchase:** SurgiHeal Pro Healing Elixir, Moisturizer, Sunscreen  
*\*All items available for purchase at the GFPS Office before or on day of procedure*

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### Learn More About MORPHEUS8

<https://www.givensmd.com/signature-services/skin-rejuvenation/morpheus8/>



### **Benefits of M8 Treatment**

- Smooth away fine lines and wrinkles
- Eliminate under eye bags
- Tighten, tone, and firm the skin
- Lift and eliminate jowls
- Minimize and reduce pores
- Improve the appearance of scars
- Improve skin tone and texture
- Even out pigmentation
- Lighten skin damage and dark spots
- Soften stretch marks
- Reduce hyperhidrosis

### **Contraindications to M8 Treatment**

- Excessively tanned or sunburned skin
- Pacemaker, defibrillator, electronic implant
- Scleroderma or collagen vascular diseases
- Use of Accutane (within 6 months of M8)
- Blood clotting problems
- Active bacterial or fungal infection
- Melanosis or malignant tumors
- Immunosuppression (HIV/AIDS)
- Pregnant or nursing women
- Porphyria or other skin diseases
- Resurfacing tip on Type V-VI

### **Caution to M8 Treatment**

- Keloid scarring
- Chronic skin conditions
- Actinic keratosis
- Herpes simplex virus infections
- Hemophilia
- Diabetes
- Melasma
- Use of blood thinners and prednisone
- Permanent metallic implant



### **Pre-Procedure Prep Instructions**

1. STOP all skincare actives 5 days before treatment—*unless otherwise discussed with Dr. Givens.*
  - Vitamin A/retinoids/tretinoin
  - Vitamin C
  - Vitamin E
  - Salicylic acid
  - Benzoyl peroxide
  - Hydroquinone
  - Kojic acid
  - AHAs/glycolic acid
  - Azelaic acid
2. NO lotions or oils within 24 hours of treatment.
3. Come to appointment with CLEAN skin. NO make-up. You may be instructed to apply a provided topical numbing cream to the treatment area approximately 30-minutes prior to time of arrival at the office.
4. Bring any previously discussed treatment-specific prescribed medication(s) with you to your appointment.
5. Patients with a history of herpes simplex virus (HSV) will be prescribed prophylactic antiviral medications to prevent outbreak secondary to treatment.

### **Post-Procedure Care Instructions**

1. Spritz SurgiHeal Pro Spray at least 2x per hour while awake for the first 48 hours (2 days) after treatment, then 1x per hour on day 3. Continue to use spray as needed throughout the first week.
2. NO ice packs. NO moisturizer for 24 hours after treatment.
3. Start sunscreen application 24 hours after treatment.
4. Resume moisturizer and regular skincare regimen 24 hours after treatment EXCEPT for Retinoid/Vitamin A and Vitamin C products.
5. Resume retinoid/Vitamin A and Vitamin C products 1 week after treatment.
6. Resume make-up 72 hours after treatment.
7. Resume working out/sweating 3 days after treatment.
8. Do NOT sit in a sauna or swim in a lake/river for 3 days after treatment.



## **The 7-Day Recovery Guide: What to Expect from Day 0 to Day 7+**

Dr. Givens strongly believes that patient education is key to a successful recovery. Below is an easy to follow **7-day Morpheus8 Recovery Guide** so that you will know what to expect during the healing period. It is important to understand that the provided timeline represents a general recovery time frame and cannot be guaranteed.

### **Morpheus8 Recovery: Week 1**

**Day 0 (Procedure Day).** Once treatment is complete, you will depart from the office. If a sedative medication was taken prior to the procedure, you will need someone to drive you home. It is important to follow the post-procedure care instruction listed on the page above. Minimal to substantial erythema (redness), edema (swelling), and ecchymosis (bruising) may be apparent. Begin spritzing the SurgiHeal Pro Spray at least 2x per hour while awake. Remember—NO ice packs!

**Day 1 (24 hours post-treatment).** Continue spritzing the SurgiHeal Pro Spray at least 2x per hour while awake. NO ice packs! Begin using moisturizer and sunscreen. You may resume your normal skincare regimen with the EXCEPTION of any retinoid/Vitamin A and Vitamin C products. Do NOT use retinoid/Vitamin A and Vitamin C products for 1 week post-treatment.

**Day 2 (48 hours post-treatment).** Continue spritzing the SurgiHeal Pro Spray at least 2x per hour while awake. Continue using moisturizer, sunscreen, and your normal skincare regimen with the EXCEPTION of any retinoid/Vitamin A and Vitamin C products. Do NOT use retinoid/Vitamin A and Vitamin C products for 1 week post-treatment.

**Day 3 (72 hours post-treatment).** You may now decrease spritzing the SurgiHeal Pro Spray to 1x per hour while awake. Continue using moisturizer, sunscreen, and your normal skincare regimen with the EXCEPTION of any retinoid/Vitamin A and Vitamin C products. Do NOT use retinoid/Vitamin A and Vitamin C products for 1 week post-treatment. You may resume make-up application. You may resume all athletic/workout activities. Erythema (redness) generally subsides within 3-5 days.

**Days 4-7.** Use SurgiHeal Pro Spray as needed. Continue using moisturizer, sunscreen, and your normal skincare regimen. Resume retinoid/Vitamin A and Vitamin C products on day 7 post-treatment. Erythema (redness), edema (swelling), and bruising generally subsides by day 7 post-treatment.

**Days 8+.** You may discontinue use of SurgiHeal Pro Spray. You should have resumed ALL skincare products unless otherwise discussed with Dr. Givens. You have NO restrictions on activities. Any residual erythema (redness), edema (swelling), and bruising will resolve within a few weeks or months. While visible results can be seen within a 3-7 days after treatments, more noticeable results will typically show after 3-4 weeks. Improvements will continue to appear up to 6 months after treatment.



## **What to Expect & Consider During Your Recovery**

As with any in-office procedure, a Morpheus8 treatment carries the risk of bleeding, infection, pain, skin changes or loss, temporary or permanent facial nerve injury, paresthesia (ie, numbness), temporary or permanent hair thinning or loss, corneal or eye injury abrasion, cosmetic abnormality, unsatisfactory scarring, and/or the need for additional treatment. The following information outlines what to expect and be aware of during the recovery process after a Morpheus8 treatment.

### **What is the benefit of Radiofrequency (RF) energy?**

RF energy heats the deep layers of the skin in a controlled way to stimulate collagen production, melt excess fat, and remodel the skin. Morpheus8 treatment ultimately improves skin complexion, tone, and texture for a natural, beautiful appearance.

### **How many sessions of Morpheus8 are needed?**

Three initial treatments are required for most areas of the body. Maintenance sessions should be performed as recommended by Dr. Givens to ensure continued results over time.

### **When will I see results from Morpheus8?**

Visible results can be seen within a few days. However, more noticeable results will typically show after 3-4 weeks. Improvements will continue to appear up to 6 months after treatment.

### **Can anyone benefit from Morpheus8?**

Unlike other procedures, Morpheus8 utilizes colorblind technology. This means that treatments can be performed on ALL skin types. Its unique properties allow even darker tones to be treated.

### **What areas can be treated with Morpheus8?**

The most commonly treated areas include the lower face, neck, and jawline. Areas of the face and body that exhibit aging, wrinkles, scars, discoloration, active acne, scarring, stretch marks, and hyperhidrosis will benefit from sub-dermal remodeling and renewal.

### **Can Morpheus8 be used in combination with other treatments?**

Yes! Morpheus8 can be used in the same treatment session or within a few days after other treatments. Morpheus8 is typically performed simultaneously with FaceTite and AccuTite as well as Botox and dermal fillers.



## **Conclusion: Summary on Morpheus8 After Procedure Experience**

1. After the procedure, your face and/or neck may appear red, swollen, and/or bruised for approximately 3-7 days. In some patients, it may take a few weeks or months to completely resolve. Remember, this is temporary and will subside. It will take a several weeks or months for a significant result to appear and a **FULL 6 months** for the face and neck to reach their final contour.
2. Call the office if you experience a persistent temperature of 101°F or higher, discharge from the wound or other evidence of infection, vesicular eruptions/pustules, acne flares, or development of any drug reaction.
3. Each patient will have a unique experience, and you should always follow the directions provided by Dr. Givens. Those who educate themselves before treatment and follow Dr. Givens' post-procedure care instructions usually have the easiest recoveries and the best outcomes.
4. Most of all—**BE PATIENT** during the healing process. Remember, same day treatment does **NOT** mean same day recovery. Healing is a gradual process. It is normal to be impatient and feel discouraged while waiting for swelling, bruising, and redness to diminish. Allow yourself extra rest, a nutritious diet to promote healing, and avoid stress during your recovery.