



## EmbraceRF: FaceTite & Morpheus8 Procedure

FaceTite is a revolutionary FDA-approved device that utilizes radiofrequency-assisted lipolysis to melt excess fat, tighten loose skin, and stimulate collagen production. This treatment is the non-surgical alternative to a facelift and is performed in the office under local anesthesia to contour the lower face, neck, and jawline with minimal downtime. Most patients see a naturally lifted and youthful facial contour with a single in-office treatment.

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, Aquaphor, Moisturizer, Sunscreen, and Gauze

*\*All items (except gauze and Aquaphor) are available for purchase at the GFPS Office before or on day of procedure.*

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### **Benefits of EmbraceRF Treatment**

- Lift and contour the lower face and neckline
- Lift and eliminate jowls
- Tighten, tone, and firm the skin
- Eliminate excess fat of the face and neck
- Smooth fine lines and reduce wrinkles
- Minimize and reduce pores
- Improve the appearance of scars
- Improve skin tone and texture
- Even out pigmentation
- Lighten skin damage and dark spots
- Requires only one FaceTite treatment
- Short recovery time
- No scarring
- Non-surgical facelift alternative
- Immediate results

### **Contraindications to EmbraceRF 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 EmbraceRF 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 anti-coagulant medications **10 days** before treatment if medically permitted.
  - Aspirin
  - Aleve/Naproxen
  - Ibuprofen/Motrin
  - Vitamin E
  - Fish oils/Omega-3s
  - Glucosamine
  - Ginko biloba
  - St. John's wart
  - Protein powder
  - Garlic supplement
  - Turmeric/Curcumin supplement
  
2. 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
  
3. NO lotions or oils within 24 hours of treatment.
  
4. 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.
  
5. Bring any previously discussed treatment-specific prescribed medication(s) with you to your appointment.
  
6. 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. Compression garment should be worn for 3 FULL days, then at night only for a another week. You may remove garment to shower and bathe starting 24 hours after treatment.
2. Morpheus8 **Jowls/Submentum** (ie, M8 was only used on the jowls and beneath the chin regions)
  - **Day 1-3:** Remove compression garment. Spritz SurgiHeal Pro spray liberally over lower face and upper neck. Let area “dry” for 1 minute. Apply a thin layer of Aquaphor ointment to the same area. Reapply compression dressing. This should be performed 2-3x per day.  
*\*Prior to reapplying compression garment, you may want to place a layer of gauze between the ointment and garment to avoid garment soiling.*
  - Day 4+: Stop Aquaphor ointment. Continue to use SurgiHeal Pro spray as needed throughout the first week. Compression garment to be worn at night only.
3. Morpheus8 **Full Face/Submentum** (ie, M8 was used on the full face in addition to jowls/chin)
  - **Facial Regions Covered by Compression Garment:** As stated above (see #2).
  - **Facial Regions NOT Covered by Compression Garment:** 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. Aquaphor NOT needed.
4. NO ice packs. NO moisturizer for 24 hours after treatment.
5. Start sunscreen application 24 hours after treatment.
6. Resume moisturizer and regular skincare regimen 24 hours after treatment EXCEPT for Retinoid/Vitamin A and Vitamin C products.
7. Resume retinoid/Vitamin A and Vitamin C products 1 week after treatment.
8. Resume make-up 72 hours after treatment.
9. Resume working out/sweating 10 days after treatment.



## **The 10-Day Recovery Guide: What to Expect from Day 0 to Day 10<sup>+</sup>**

Dr. Givens strongly believes that patient education is key to a successful recovery. Below is an easy to follow **10-day EmbraceRF 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.

### **EmbraceRF (FaceTite + Morpheus8) Recovery**

**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. Refer to Post-Procedure Care Instructions for home care directions. Remember—NO ice packs!

**Days 1-3 (24-72 hours post-treatment).** Wear compression garment at all times unless bathing or showering. Re-apply compression garment post-shower. Refer to Post-Procedure Care Instructions for home care directions. 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.

**Days 4-10.** Transition to wearing compression garment at NIGHT only. Refer to Post-Procedure Care Instructions for home care directions. 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 10-14 post-treatment.

**Days 11+.** You may discontinue use your compression garment. 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 7-10 days after treatment, more noticeable results will typically show after 3-4 weeks. Improvements will continue to appear up to 12 months after treatment.



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

As with any in-office procedure, a EmbraceRF 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 EmbraceRF 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. FaceTite treatment results in a naturally lifted and youthful facial contour, while Morpheus8 treatment improves skin complexion, tone, and texture for a natural, beautiful appearance.

### **Is FaceTite an alternative to a Facelift?**

FaceTite is the non-surgical alternative to a facelift! This minimally invasive treatment is performed in the office under local anesthesia to contour the lower face, neck, and jawline. When combined with [Morpheus8](#), this cutting-edge treatment provides transformative results with minimal downtime.

### **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.

### **How many sessions of EmbraceRF (FaceTite + Morpheus8) are needed?**

A single in-office FaceTite treatment under local anesthesia is usually all that is required, while 3 session of Morpheus8 are recommended for best results. Maintenance sessions should be performed as recommended by Dr. Givens to ensure continued results over time.

### **When will I see results from EmbraceRF (FaceTite + Morpheus8)?**

Visible results can be seen within a few days. However, more noticeable results will typically show after 6 weeks. Improvements will continue to appear up to 12 months after treatment.

### **What areas can be treated with EmbraceRF (FaceTite + Morpheus8)?**

The most commonly treated areas include the lower face, neck, and jawline. Areas of the face that exhibit laxity and deep lines including the lower face, jowls, double chin, and neckline will benefit from sub-dermal remodeling and renewal.

### **Can EmbraceRF (FaceTite + Morpheus8) be used in combination with other treatments?**

Yes! EmbraceRF can be used in the same treatment session or within a few days after other treatments. EmbraceRF is typically performed simultaneously with [AccuTite](#) as well as [Botox](#) and [dermal fillers](#).



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

1. After the procedure, your face and/or neck may appear red, swollen, and/or bruised for approximately 7-10 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 12 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.