

Morpheus8 Aftercare Instructions

Thank you for choosing us for your Morpheus8 treatment. Proper aftercare is essential to ensure safe healing and the best possible results. Please follow these instructions carefully:

What to Expect:

- Redness, swelling, and warmth in the treated area (similar to a sunburn)
- Tiny pinpoint scabs or grid-like impressions may appear and flake off naturally
- Skin may feel dry, tight, or mildly itchy
- Possible bruising or tenderness, especially in deeper treatment areas
- Results improve gradually over several weeks as collagen production increases

Immediately After Treatment:

- Skin will appear red and may feel hot or tender for several hours
- Avoid touching or rubbing the treated area
- Do not apply any makeup or skincare products unless instructed by your provider
- Use a cool compress if needed (no ice directly on skin)
- Keep the area clean and protected

First 24 Hours:

- Cleanse with a gentle, non-active cleanser only (no scrubs, acids, or retinoids)
- Apply a soothing, hydrating moisturizer or post-procedure barrier cream
- Avoid sweating, heat exposure (e.g., hot showers, saunas, workouts), and sun exposure
- Do not wear makeup
- Avoid any skin irritation, scratching, or exfoliating

Ongoing Care (Days 2-14):

- Cleanse skin gently morning and night
- Apply healing or hydrating products recommended by your provider
- Avoid active ingredients (retinoids, AHA/BHA, exfoliants, etc.) until fully healed (usually 7–10 days)
- Expect mild flaking or dryness as skin renews — do not pick or peel
- Wear SPF 30+ daily starting Day 2
- Avoid direct sun exposure, tanning, and environmental irritants

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When to Contact Us:

- Prolonged redness or swelling beyond 3–4 days
- Blistering, bleeding, or signs of infection (pus, yellow crusting)
- Severe discomfort, burning, or unusual skin reactions
- Concerns about pigmentation or scarring

Additional Tips:

- Sleep with your head elevated the first 1–2 nights to reduce swelling
- Use clean pillowcases and avoid touching your face
- Avoid heavy makeup or skin products until cleared by your provider
- Stay hydrated and support skin health with a balanced diet
- For best results, complete your recommended series and follow your provider's home care plan

If you have any questions or experience any unusual symptoms, please contact us at 808.585.8855. Thank you for trusting us with your care!