



# PONTE VEDRA

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## PLASTIC SURGERY

### Morpheus8 Before and After Instructions

#### Provider must be informed of any of the following:

- A patient who is pregnant or breastfeeding
- Biostimulator fillers (i.e. Artefill, Bellafill, Sculptra) and/or Superficial injection of fillers in the last 6 months
- Pacemaker, internal defibrillator, electronic implant such as glucose monitor, or any metal implant in the body
- Concurrent conditions such as scleroderma, psoriasis, eczema, collagen vascular diseases, blood clotting problems, liver disorders, autoimmune disorders, active bacterial or fungal infection, or other immunosuppressive diseases
- History of Herpes Simplex Virus (cold sore/fever blister) or shingles
- Current history of skin cancer or pre-malignant moles
- History of skin disorders: keloid scarring, abnormal wound healing, dry and fragile skin, history of melasma or hyperpigmentation
- Scarring less than 6 months old or surgery to the area less than 12 months
- Chemical peel, derm abrasion, or any invasive or ablative procedure including lasers to the treatment area in the last 3-6 months
- Use of Isotretinoin (Accutane) within the last 6 months
- Allergy to metal
- Any current antibiotic or any immunosuppressant agents including steroids

#### 2 weeks before treatment

- No excess UV tanning or sunburn
- No sunless tanner
- No active infections

#### 1 week before treatment

- Stop all blood thinning supplements and medications, including Aspirin and Ibuprofen products. Some of these may include Fish oil, Omega 3, Flaxseed oil, and Vitamin E. These supplements will increase bruising and bleeding. As always, consult your doctor if you are on a prescription prior to stopping
- Stop Tretinoin or retinol products

#### Day before treatment

- No active facial lotions (Tretinoin, Hydroquinone, etc.)
- No face outbreak/wounds
- No skin allergy or flare



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### Day of Treatment

- You must arrive 45 minutes before your appointment to take photos, sign consents, and apply a topical numbing agent
- For *FACE*, please notify us if you would like to use Pronox (laughing gas) for added pain relief
- For *BODY*, it is recommended to use Pronox (laughing gas) for added pain relief
- No makeup or topicals day of treatment

### After Treatment

- May apply a cool compress to the treatment area as needed for comfort
- Stay well hydrated and limit salt intake for 2 days
- Avoid makeup, sunscreen, and topical lotions in the treatment area for 3 days
- Moisturize with Stratacel, Aquaphor, or Cerave healing ointment as needed to your treatment area for 2-5 days
- For *FACE* treatments, sleep with your head and face elevated, 45 degrees, to decrease swelling
- For *FACE* treatments, Skinceuticals Epidermal Repair Cream or Alastin Nectar may be recommended
- For *BODY* treatments, additional moisturizers such as Cerave Moisturizing Cream, Bioderma Atoderm Crème, or Alastin Body TransFORM may be recommended
- Limit sun exposure as much as possible while the treatment area is red or grid marks are present. After 3 days, you must wear sunscreen at all times
- General redness usually resolves within 72 hours. Bruising may take up to 7-10 days
- Redness, pinpoint grid marks may be present on the face for 2 weeks and body for up to 4 weeks. In rare circumstances, this may persist longer than expected. Please notify your provider if this occurs
- Skin can be tender to touch, some pinpoint bleeding and scabbing can be present. Please keep any potential scabbing extremely well moisturized.
- Return to normal activity/working out after 3 days
- No Accutane for 6 months after treatment
- Notify provider if you have had this treatment and are planning an upcoming surgery

Please contact our office if you experience any symptoms of concern at 904-273-6200.