

MORPHEUS8 AFTERCARE

PART 1

Procedure: Morpheus
Pain Level: 7/10

Treatment Time: 60 Min
Downtime: Swelling, 48 Hrs

What to Expect

- Minimal pinkness/redness may last for up to 1 week.
- Superficial bruising may occur, typically around the eyes.
- Small needle marks may be present for a few days to a week post-procedure

After your procedure

- Wait a few hours (preferably at bedtime) before gently washing your face or body. Using a gentle cleanser, massage your face or body to remove the remaining serum and dried blood.
- Sleep in a slightly elevated position for the first 2-3 days to help prevent additional swelling
- 1 DAY AFTER start to use your Regenerating Skin Nectar for optimal results.
- 2 DAYS AFTER Avoid consuming alcohol and/or smoking 2 days after your procedure.
- 4 DAYS AFTER Avoid taking NSAIDS (Aspirin, ibuprofen, etc.), Vitamin E, Fish oil, Gingko Biloba, Ginseng, and St. John's Wart to reduce your risk of bruising and swelling.

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PART 2

- 1 WEEK AFTER You may start using your regular skin care regimen. Using a retinol product is strongly recommended as it will optimize your results.
- 10 DAYS AFTER Avoid direct sun exposure for 10 days post-treatment. NO TANNING BEDS.
- Use sunscreen with UVA/UVB protection with SPF 30 or higher.
- 2 WEEKS BEFORE start to use your Regenerating Skin Nectar.

Contact Our Office

- If you develop blisters or open sore in the treatment area.
- If your side effects worsen or persist for longer than 2 weeks
- If you are experiencing significant pain that is not relieved by the recommended pain medication listed above.

Follow-up

- 4-6 weeks after each treatment.