

# FACE TITE / NECK TITE / ACCU TITE

*Combined with Morpheus8 with topical PRP & PRP Therapy*

## Pre & Post Treatment Care Instructions

The following is a guideline, if you have any queries, please contact us.

### **Pre-Treatment Care**

- Discontinue the use of anti-inflammatory drugs (steroidal and non-steroidal) and blood thinning agents such as Aspirin, Voltarol, Ibuprofen, Naproxen (or any other Ibuprofen drugs), Vitamin E, Vitamin A, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Essential Fatty Acids (EFA's and DHA's) etc. at least 7 days before and after treatment to minimise the risk of bruising and bleeding.
- No Alcohol for 7 days before and after the treatment.
- If you are a smoker, you should **stop smoking** or using nicotine patches, gum etc., at least **2 weeks prior to the start of treatment and for 2 weeks after**. Nicotine interferes with the healing process.
- Make sure you discuss with your Doctor/Nurse any bleeding tendencies and current medications being used.
- No Retin-A, alpha hydroxy acids (AHAs) and beta hydroxy acids (BHAs) or any irritant topical agents for 5-7 days prior to treatment.
- No auto-immune therapies or products at least 48 hours prior to treatment.
- No prolonged sun exposure to the face and neck 24 hours prior to treatment. FaceTite/AccuTite and Morpheus8 will not be administered on sunburned skin.
- If you have a history of cold sores, prophylactic antiviral therapy may be started 3-5 days prior to treatment.
- If an active or extreme breakout occurs before treatment, please consult your practitioner.
- If you develop fever, cold or flu, or cold sore, blemish, rash, etc. in the area to be treated prior to your appointment, you must reschedule as you will not be treated.
- Drink plenty of water and Stay hydrated.
- Any facial shaving should be done at least 12-24 hours prior to the procedure, best with an electric shaver. Avoid shaving for 7 days after the procedure if possible.
- Get a good night's sleep before the procedure.

### **On The Day Of Treatment**

- Eat a light meal (breakfast or lunch) on the day of the treatment prior to the appointment.
- You may take 1-2 grams of paracetamol half an hour prior to your appointment to reduce discomfort.
- Please keep your face and neck thoroughly clean. There should be no lotion, make-up, perfume, powder or bath/shower oil present on the skin in the area/s to be treated.
- Do Not wear contact lenses.
- You must have an adult drive you home after the procedure. You will not be permitted to drive yourself or use public transportation.

## What to Expect:

- You should expect to feel swollen for the next 2-4 weeks, occasionally longer depending on the individual patient.
- Redness of the skin and look of mild sunburn should also be expected due to the Morpheus8 treatment. The redness normally subsides within a few hours following treatment but in some patients may last up to 7 days.
- The face and neck will feel tender for the first 2-4 weeks but can last longer in some patients.
- It's very common to feel numb in the areas treated. This is a temporary effect of the heated nerves in the skin during the procedure. The numbness can take a number of months to resolve completely and most patients aren't affected by it.
- There will usually be small dense lumps under the skin, especially in the neck, which can be felt but aren't usually visible following the treatment. Think of it as 'spot welding' of the skin to a newer, tighter and lifted position. They are sites of subcutaneous tissue heated and will keep contracting as they smooth over the few months following the treatment.
- Bruising is not common but if occurred, may last 1-2 weeks or more.
- Burns and changes in pigmentation are rare although may occur. If you notice small white bumps, they may take a few weeks to resolve.
- Remember, although the skin has initially healed, it takes 3-6 months before any changes in skin tightening can be perceived AND twelve months before final results in skin tightening can be appreciated. Some patients have seen a continued contraction and lifting of the skin for up to 18 months.

## Post-Treatment Care

- You will wear a compression garment (provided by us) continuously for 5-7 days following the procedure, only removing it 3 x 20 minutes each day. Thereafter the garment is to be worn at least for 12 hours per day for 3-4 weeks (can be worn during nighttime and a few hours during the day while at home).
- Do NOT press, rub, or manipulate the treated area/s for up to 5 days following the procedure.
- AVOID Aspirin, Voltarol, Ibuprofen, Motrin, Aleve (all non-steroidal and steroidal anti-inflammatory agents), Gingko Biloba, Garlic, Flax Oil, Cod liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 7 days after your treatment.  
**ONLY take the medication that has been prescribed for you.**
- Sleep with a few pillows under your head or in a recliner to keep your head elevated for at least 2-3 days to help minimise swelling.
- Limit talking and chewing up to 48 hours. We recommend following a soft diet for the first 48 hours.
- Do NOT drink alcohol for 1 week after the procedure or as instructed by your surgeon.
- Do NOT Smoke or use a Nicotine patch/gum for at least 2 weeks following the procedure, preferably 4 weeks if possible.
- CLEAN – the day after your treatment, use a gentle cleanser and cool water to cleanse your face and neck and over the incision sites (do not rub) twice a day, and gently pat dry the treated skin and continue this routine for 1 week. Always make sure your hands are clean when touching the treated area.

- **HEAL** – we apply PRP derived from your blood, on the skin straight after the Morpheus8 procedure. Soothing Serums such as SkinCeuticals Phyto Corrective, can be applied the day after the procedure, after gently washing the areas as the properties are ideal to help heal the skin. Phyto Corrective helps soothe and calm the skin and lessen irritation. Do not pick at the incision scabs.
- **HYDRATE** - Following your procedure, your skin may feel drier than normal and should be kept hydrated using Phyto Corrective Serum for the first 5 days and your normal moisturiser thereafter.
- **MAKEUP** – Do not apply makeup for 72 hours after the procedure. Use your clean fingers or clean make-up brush/sponge when applying makeup. Avoid applying makeup over the incision points that may still be healing.
- **PROTECT** – After 24 hours apply broad-spectrum UVA/UVB sunscreen with SPF 50, **DAILY**. Avoid intentional and direct sunlight. It's important to protect your skin from the sun by using SPF 50 at all times, and wearing a hat or staying in a shaded area when the sun is strong overhead.
- You may resume the use of your usual skincare products 5 days after the procedure. Retinoids and acids (Salicylic, Glycolic, etc.) may be used from 3 weeks after the procedure.
- Facial Shaving should only be done with an electric shaver for up to 7 days following the procedure. Thereafter shaving razors may be used if preferred.
- Further Morpheus8 and/or PRP sessions may be recommended to achieve optimum results. The number of required Morpheus8 and/or PRP sessions may vary depending on your needs and goals.

**What to Avoid post-treatment:**

- Avoid drying or irritating facial products including Retinol and acids (Salicylic, Glycolic, etc.) for 3 weeks after the procedure.
- Do **NOT** have any other procedures including but not limited to laser, aesthetic injectables, facials, peels, massage, spray or self-tanning for a minimum of 4 weeks after the treatment. Discuss with your practitioner of any planned treatments.
- No exercising, swimming, strenuous activities, or use of saunas or baths for 3-4 weeks after treatment.

Routine follow-ups are 5-7 days, 4-6 weeks, 4-6 months and 12 months after the Procedure. We would be happy to see you in between the routine check-ups if need be.

If you have further queries or experience fever, chills, drainage, discharge, or extreme discomfort, please contact us.

**Tel: 04-4312396 (Monday to Saturday 10AM to 7PM)**  
**Emergency Number during out-of-office hours: 971-528928353**