

MORPHEUS8

(Fractional Microneedling & Radio Frequency)

Pre & Post Treatment Instructions

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

Pre-Treatment Care

- To minimise the risk of hyperpigmentation, or darkening of the treated area, please do not tan 4-6 weeks before and after the procedure. Daily application of SPF 50 to the treatment area four weeks before treatment is recommended. Ofcourse you should wear SPF 50 everyday regardless of having treatment!
- Avoid prolonged direct sun exposure to the treatment area, for at least 3 days prior to treatment. Morpheus8 will not be administered on sunburned skin.
- If you have a history of cold sores, prophylactic antiviral therapy may be started five days prior to treatment. If an active or extreme breakout occurs before treatment, please consult your practitioner.
- If you develop a fever, cold or flu, or develop a cold sore, blemish, rash, etc. in the area to be treated prior to your appointment, you must reschedule as you will not be treated.
- Discontinue use of anti-inflammatory drugs (steroidal and non-steroidal) such as Aspirin, Voltarol, Ibuprofen, and Naproxen (or any other Ibuprofen drugs) at least 7 days prior to your treatment.
- Discontinue use of Vitamin E, Vitamin A, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Essential Fatty Acids (EFA's and DHA's) etc. 7 days before and 3-5 days after treatment to minimise the risk of bruising and bleeding.
- No Retin-A, alpha hydroxy acids (AHAs) and beta hydroxy acids (BHAs) 5 days before and 3-5 days after treatment.
- It is recommended that you avoid: Alcohol, caffeine, Niacin supplements, and spicy foods, 3 days before and after your treatment. (All of these may increase the risk of bruising)
- If you are a heavy smoker, you should **stop smoking** or using a nicotine patch, gum etc., at least **2 weeks prior to the start of treatment** and **not start until AFTER you have COMPLETED the course of your Morpheus8.**
- Make sure you discuss bleeding tendencies and current medications being used with your practitioner.
- Stay hydrated! Drink plenty of water a few days before and on the day of your treatment. A water intake of 2L per day is recommended.
- On the day of the treatment, please keep your face clean and do not apply makeup if possible.
- You may take 1g to 2g of paracetamol half an hour prior to your appointment to reduce discomfort, strong topical anaesthetic will be applied 45 minutes prior to start of the procedure.

What to Expect:

- Immediately after your treatment, you will look and feel like you have a moderate sunburn. Skin will feel warm and tighter than usual, and in some it micro-crusting and micro-peeling might occur for 3-5 days after treatment
- Although for most patients the initial redness and swelling normally subsides within 12-24 hours of the procedure, in some this may last longer, up to 5-10 days.
- Your practitioner will discuss post-procedure skincare with you following the treatment to help soothe, calm, and protect your skin. Continue to treat the skin gently for 3 days. Normal skincare routine may be resumed after Day 3-5 days depending on your recovery.

Post-Treatment Care

- Do NOT touch, press, rub, or manipulate the treated area (s) for up to 3-5 days after your treatment.
- AVOID Aspirin, Voltarol, Ibuprofen, Motrin, Ibuprofen, Aleve (all non-steroidal and steroidal anti-inflammatory agents), Ginkgo Biloba, Garlic, Flax Oil, Cod liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 5 days after your treatment. Remember, we are creating inflammation. If you experience discomfort/tenderness you may take Paracetamol or apply recommended serum by your practitioner.
- CLEAN – the day after your treatment, use a gentle cleanser and cool water to cleanse your face and neck twice a day and continue this routine for the following 72 hours and gently pat dry the treated skin. Always make sure your hands are clean when touching the treated area.
- HEAL – we apply PRP derived from your own blood, on the skin straight after Morpheus8. Soothing Serums are recommended post-treatment as the properties are ideal to help heal the skin. These products can help soothe the skin and lessen irritation.
- HYDRATE - Following your Morpheus8, your skin may feel drier than normal and should be kept hydrated.
- MAKEUP – Do not apply makeup for 24 - 48 hours after the procedure. After 2 days pure mineral makeup can be used. Do not apply any makeup with a makeup brush, especially if it is not clean.
- PROTECT – Apply broad-spectrum UVA/UVB sunscreen with SPF 50, DAILY, starting from day after treatment. Avoid intentional and direct sunlight. No tanning beds, or sunbathing for 4 -6 weeks. 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 3-5 days after the procedure. Retinoids may be used from 5-7 days after the procedure.
- A skin care program may be prescribed to aid in achieving the desired outcome.
- Multiple sessions over a period of several months may be required to achieve the desired response. You will notice immediate as well as longer-term improvements in your skin. The time for skin cell turnover is 28 days so most people will begin to see increased results after this time.
- The number of required sessions may vary depending on your skin needs/goals.

What to Avoid for 3-5 days post-treatment:

- Do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula), or anything perceived as 'active' skincare.

What to Avoid for 5-7 days post-treatment:

- Do Not take any anti-inflammatory drugs (steroidal and non-steroidal) such as Aspirin, Voltarol, Ibuprofen, and Naproxen (or any other Ibuprofen drugs) at least 5-7 days after your treatment.
- Do NOT have any other procedure, spray or self-tanning or shave the treated area.
- Do not go swimming in chlorinated pools.
- No exercising, strenuous activity, use of saunas or baths. Sweating and gym/sauna environments are harmful, rife with bacteria, and may cause adverse reactions.

What to Avoid for 4-6 Weeks post-treatment:

- Do Not Tan for at least 4-6 weeks after your treatment to prevent hyperpigmentation and scarring.

Tel: 04-4312396 (Monday to Saturday 10AM to 7PM)

Emergency Number during out-of-office hours: 971-528928353