

Morpheus 8

Aftercare Instructions

Preparation for Treatment

- Stop all non-prescription blood thinners such as aspirin, Motrin, aleve, fish oil
- Completely wash your face, hair or other areas of the body being treated. Do not apply makeup.
- **Alert your provider if you have any metal implants, devices, or are prone to cold sores.**

What to Expect After Treatment

- Small bumps and possible pinpoint bleeding
- Sensitivity to extreme heat or hot water.
- Mild heat, redness, swelling, light discomfort for up to 48 hours.
- Please alert the provider if you get cold sores, as a prophylactic medication is recommended.
- Downtime can range anywhere from 1-5 days.

What to avoid

- Heat, SUN, alcohol and exertion for at least 24 hours
- Discontinue any prescription and non - prescription retinoids for at least 3 days. Examples include Epiduo, Tretinoin, RetinA, Velten, Differin, Fabior, Tazorac, Alpha Ret, Renova.
- Do not use any exfoliants, scrubs, cleansers that contain harsh acids (i.e. glycolic acid, salicylic acid) , benzoyl peroxide, or micro beads.
- Waxing or Shaving for 7 -10 days
- Absolutely NO makeup for 48 hours post procedure. Makeup brushes and sponges can be a breeding ground for bacteria and significantly raise the chance of infection.
- Excessive sun exposure should be avoided for at least a month after, and an SPF of 30 or higher is recommended.

What is OK

- You may use a gentle soap free cleanser twice daily for the next week. Fresh Face Cleanser, Cerave, Cetaphil, La Roche Posay are great options.
- Sleep on a clean pillowcase
- After cleansing we recommend moisturizing with Cicaplast Balm, but it is safe to use vaseline or aquaphor. If you use something other than these, please ask your provider if this is a good post care option.
- Sleeping with a slightly elevated head can help reduce swelling.
- Moisturize frequently throughout the day for comfort, keep the area moist at all times to avoid scab formation. Be sure to wash your hands to minimize any chance of infection.

If you experience open sores, yellow crusting, blistering, prolonged redness, or suspect an infection, please call or text our office at 248-338-6400. Follow the instructions on the voicemail to reach the physician after hours.