



MORPHEUS8 Post Treatment Instructions

Start using a high-factor sunscreen (at least 30 SPF) and protect the treated area from over-exposure to sunlight for at least one month after your treatment(s), starting 24-72 hours post treatment.

Excessive tanning of any sort (sun exposure, tanning beds, and artificial tanning lotions) is not allowed in the treated areas during the entire course of the treatment.

Bruising, redness, and swelling may occur lasting days to weeks.

During the first two days following treatment, the treatment area should be kept clean to avoid contamination or infection; any mechanical or thermal damage (AVOID hot tubs, saunas, etc.) to the area(s) must be avoided.

Moisturizer (lotions and creams) may be applied 24-72 hours after each treatment and then should be applied regularly throughout the course of the treatment. (We suggest using Aquaphor)

Make-up may be applied only 24-72 hours after each treatment session. Generally, 24 hours after treatment, patients may use regular soaps, but not scrub soaps or exfoliates.

Avoid skin irritants (examples below) a few days post-treatment.

Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.

Restart Pigment Control regimen prescribed for 9–18-week treatment course, use at least 2-3 times a week following the healing of treatment area (typically 3-7 days) to minimize risk of post inflammatory hyper-pigmentation, but nightly is ideal. It should be stopped 48-72 hours before another Morpheus8 session.

The number of treatment sessions depends on the individual patient and treatment aggressiveness and may vary from 1-5 sessions.

Treatments are typically repeated every 3-6 weeks.

Patient is to contact the provider if there is any indication of infection, excessive swelling, redness, undue pain, or any other unusual or untoward symptom.

Tiny scabs may appear after 1-3 days and stay for several days following the treatment. The scabs should not be touched or scratched even if they itch and should be allowed to flake off naturally.

Blisters are rare, but when they do occur, may be treated with a prescribed antibiotic ointment, or burn treatment cream as per provider's discretion.

Prophylactic antiviral therapy should be continued for patients with history of cold sores (Herpes Simplex) when treating around the mouth.

First 24 Hours:

Only lukewarm water with NO soaps

Use Aquaphor or a Hylaronic acid moisturizer w/ 1st application after 1 hour of treatment

Limit mask and wear new one provided

24-72 Hours:

Only lukewarm water with Gentle Cleansers

Use Aquaphor or a Hylaronic acid moisturizer 3 times a day

In the AM, apply sunscreen w/ ATLEAST SPF 30

Ok to wear make-up as needed, but prefer to wait 72hrs

Limit mask and wear a new one, if possible

After 72hrs Up Until Next Treatment:

Cleanse with Gentle Cleansers

Use Aquaphor or a Hylaronic acid moisturizer twice daily (or as directed)

In the AM, apply sunscreen w/ ATLEAST SPF 30

Ok to wear make-up as preferred

Restart Pigment Control Cream to be applied nightly (at least 2-3x/week) and break again ATLEAST 48 hours prior to next treatment