



Morpheus8 Pre & Post Treatment Instructions

Compliance with the recommended pre / post care instructions as well as recommended follow-up visits are crucial for the success of your treatment and to prevent unnecessary side effects or complications. It is your responsibility to inform your provider of any changes in medical history, medications, and most recent sun exposure before each treatment is performed.

Recommended Pre and Post Conditioning Skin Care:

Alastin Regenerating Skin Nectar is recommended to use 2 weeks before and 2 weeks after your procedure.

- Apply 1-2 pumps in the morning and evening.
- Prepares and strengthens the skin for treatment, enhances procedure outcomes, and supports faster recovery.
- Maximizes procedure results by supporting the skin's natural ability to clear out damaged elastin and collagen.
- **Calms post-procedure skin** and helps **reduce recovery & downtime.**
- Helps preserve your procedure results.
- Support the production of new, healthy elastin and collagen.
- Water-free, preservative-free, bacteriostatic formulation.

4% Hydroquinone is recommended to reduce the risk of hyperpigmentation in some patients.

- Apply pea sized amount to skin in the morning and evening for 4 weeks prior to and during the course of the treatment series
- Non-Hydroquinone products may be used as alternative:
 - **SkinCeuticals Discoloration Defense**
 - **Alastin A-Luminate Brightening Serum**
- Sunscreen must be used while using Hydroquinone or any pigment correcting product.

Physical Sunscreen at least SPF 30

- Apply daily to protect from sun exposure

Pre Treatment:

- **Please come to your appointment WITHOUT any makeup or lotions on the skin. Do NOT wear makeup on the day of treatment.**
- Discontinue the use of any topical products that may be drying or irritating (e.g. AHAs, BHAs, retinoids) 3-7 days prior.
- Avoid unprotected sun exposure, tanning, or self-tanner for at least 2 weeks prior to your procedure. Always use an SPF 30 or higher containing zinc oxide and/or titanium dioxide for proper sun protection.
- Avoid taking any blood-thinning agents for 3-7 days prior unless otherwise prescribed by your physician.
- Avoid anti-inflammatory drugs (NSAIDs) for at least 3 days prior. These actions may interfere with the natural inflammatory process critical
- Avoid other aesthetic procedures and cosmetic injections in the area(s) to be treated for 4 weeks before and after.
- If you are prone to cold sores, it is recommended to take antiviral medication for 5 days, beginning one day before treatment.
- If you are prone to acne breakouts you may be prescribed an antibiotic medication to take for 7 days, beginning one day before treatment.
- Stay hydrated by drinking 8+ glasses of water daily to improve results & healing time.
- The ideal time to schedule this procedure is 4 weeks before a big event.
- Avoid alcohol for 3 days before and after.
- You may not be treated if pregnant or lactating.

Post Treatment:

- After the procedure Alastin Regenerating Skin Nectar may be applied.

- Immediately after treatment, you may experience erythema (redness) for 1-3 days. For some patients this may last longer.
- Mild to moderate swelling is common after treatment and may last up to 1 week.
- Beginning one day after the treatment, wash the skin with a gentle face wash then apply Alastin Skin Nectar twice a day for one week while the skin is healing.
- You may apply a gentle, fragrant free moisturizer 24 hours after treatment.
- Skin may crust and peel for 2-7 days during the healing process. DO NOT pick at any scabs.
- Avoid drying or irritating facial products including Retinol and acids (Salicylic, Glycolic, etc.) for 1 week after the procedure. Do not rub or irritate the area.
- Bruises occur in some people and last 1 to 2 weeks and are a normal reaction to the treatment.
- Only take Tylenol for pain relief after your procedure. Other pain relievers such as Aspirin or NSAIDs (i.e. Advil, Motrin, Ibuprofen, Naproxen, Aleve, etc.) can thin the blood and cause bleeding or bruising. The only exception to this rule is if your primary care doctor has prescribed you to take a daily Aspirin, NSAID, or other blood thinner.
- DO NOT wear Makeup for at least 48 hours.
- Avoid all strenuous activity for a minimum of 48 hours as sweating increases infection risk.
- You may take an antihistamine such as Benadryl/Zyrtec/Claritin to reduce swelling or if you experience itching (histamine reaction).
- Avoid unprotected sun exposure for 4 weeks after treatment.
- Always use an SPF 30 or higher containing zinc oxide and/or titanium dioxide for proper sun protection. Begin the use of SPF starting 24-48 hours after your treatment.
- You may resume your regular skin care regimen after the skin has healed and no crusting remains.
- Resume Hydroquinone after the skin has healed, usually 3-7 days after treatment. Stop use at least 2-3 days before the next treatment.
- If you have any questions or experience fever, chills, discharge, or extreme discomfort, please contact the treatment provider.

Multiple treatments over a period of several months may be required to achieve the desired results.

Final results can be seen 90 days after the last treatment.

Treatments of the face and neck should be scheduled 4-6 weeks apart. Treatments on the body should be scheduled 6 weeks apart.