

PRE AND POST-OPERATIVE INSTRUCTIONS Morpheus8

Please follow these instructions as closely as possible. They are designed to help you heal quickly, and comfortably, with minimal side effects. If you experience any complications, please call our office.

Please read these instructions before and after your surgery. Carefully following these guidelines will help you obtain the best possible result. Take this information with you on the day of surgery so you can begin following the instructions that day. If you have questions, do not hesitate to contact our clinic. We want you to have a pleasant and enjoyable experience.

GENERAL INFORMATION

Morpheus 8 is a microneedling device that utilizes radiofrequency energy to remodel and contour the face and body via subdermal adipose remodeling. This fractional treatment penetrates deep into the skin and fat for a smoother and sleeker appearance.

PRE-TREATMENT PREPARATIONS:

- Avoid skin irritation or intentional skin tanning. Sunscreen is advisable when outdoors during daylight hours
- Discontinue any irritant topical agents such as retinols for 5 days prior to treatment
- Arrive for treatment with clean skin. There should be no lotion, make-up, perfume, powder or bath/shower oil present on the skin in the area to be treated
- The following are precautions to procedure. If you have any listed below, please discuss with Dr. Praetzel or staff
 - Pacemaker/defibrillator
 - Metal implants in treated area
 - Current history of skin cancer/other cancer/ pre-malignant moles
 - Severe concurrent medical conditions (i.e. Cardiac Disorders)
 - Pregnancy or Nursing
 - Impaired Immune System
 - Diseases stimulated by light (i.e. Lupus, Porphyria, Epilepsy)
 - Skin disorders (i.e. Psoriasis, Eczema, Keloids, abnormal wound healing)
 - History of bleeding coagulopathies or use of anticoagulants in the last 10 days
 - Use of medications/herbs inducing photosensitivity
 - Fraxel laser resurfacing/deep chemical peels within the last 3 months
 - Needle epilation, waxing or tweezing within last 6 months
 - Tattoo or permanent makeup
 - Intra-dermal or superficial sub-dermal areas injected with Botox/HA/Collagen/fat injections or other augmentation methods with bio-material, before the product has been dissipated (up to 6 months), except Botox after binding to the facial muscles (3-7days)
 - Facial surgery within a year prior to treatment
 - Poorly controlled endocrine disorders, such as diabetes or thyroid dysfunction and hormonal virilization
 - History of diseases stimulated by heat, such as recurrent Herpes Simplex in the treatment area (may be treated only following a prophylactic regimen)

POST TREATMENT CARE:

- Immediately after treatment, most patients will experience erythema (redness) for 1-3 days, however for more aggressive treatments this may last longer. Slight to moderate edema (swelling) and a mild to moderate sunburn sensation are also common post treatment and may last 1-3 days. Skin may crust and peel for 2-7 days depending on treatment settings.
- Before discharge a topical ointment or mask may be applied to the face, no bandages or wraps are necessary.
- There are no restrictions on bathing except to treat the skin gently, avoid scrubbing or trauma to the treatment area.
- Avoid sun exposure to reduce the chance of hyperpigmentation
- The use of zinc oxide sun block SPF 30+ at all times after 24-48 hours
- May resume use of retinols 1 week post procedure
- Multiple treatments over a period of several months may be required to achieve desired response

WHEN TO CALL THE OFFICE:

- Increased swelling or bruising
- Severe pain not relieved by pain medications
- Fever over 101F

For medical questions, please call the office at 501-623-4485