



Morpheus8 Pre & Post Care Instructions

BEFORE YOUR PROCEDURE

- **2 weeks:** Avoid sun exposure (tans/burns/tanning beds/spray tans)
 - **7-10 days:** Avoid taking NSAIDS (Aspirin, ibuprofen, etc.), Vitamin E, Fish oil, Gingko Biloba, Ginseng, and St. John's Wart to reduce your risk of bruising and swelling.
 - **1 week:** Consider taking Arnica tablets 1 week prior to injections to minimize the risk of bruising. Ageless Image sells Arnica or it can be found at any health food store.
 - **1 week:** avoid retinols/tretinoin, glycolic/salicylic acids.
 - **2 days before:** Avoid consuming alcohol and/or smoking.
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DAY OF YOUR PROCEDURE

- Do not apply creams or lotions to the area being treated.
 - We will have you wash your face when you arrive at the practice.
 - You will numb for 45 to 60 minutes prior to procedure.
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PROCEDURE

- After numbing, your procedure will last approximately 45 minutes to 1 hour depending on the areas treated.
 - Once the treatment is complete, we will apply a topical moisturizer.
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WHAT TO EXPECT

- Minimal pinkness/redness may last for up to 1 week.
 - Superficial bruising may occur, typically around the eyes.
 - Small needle marks may be present for a few days to a week post-procedure.
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AFTER YOUR PROCEDURE

- **2-3 hours** (*preferably just before bedtime*): You may use a gentle cleanser to wash your face.
 - **1 day**: You may use a gentle cleanser, serums, light moisturizer, sunscreen (*SPF 30 or higher*), and mineral-based makeup using clean hands/sponges/brushes. We recommend the Post-Ablative Recovery & Restoration treatment system by Neova Smart Skincare.
 - **2 days**: Avoid consuming alcohol and/or smoking 2 days after your procedure.
 - **4 days**: Avoid taking NSAIDS (Aspirin, ibuprofen, etc.), Vitamin E, Fish oil, Ginkgo Biloba, Ginseng, and St. John's Wart to reduce your risk of bruising and swelling.
 - **1 week**: You may start using your regular skin care regimen. Using a retinol product is strongly recommended as it will optimize your results.
 - **10 days**: Avoid direct sun exposure for 10 days post treatment. NO TANNING BEDS.
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