

MODERNE MEDICAL AESTHETICS

PRE & POST MORPHEUS8 TREATMENT INSTRUCTIONS

Pre-treatment Instructions:

- Discontinue any potentially irritating topical products such as retinols, salicylic or glycolic acids 3 days prior to treatment.
- Avoid taking blood thinning medications (aspirin, ibuprofen, advil, aleve, naproxen, fish oils, etc.) 2 weeks before and 1 week after treatment, if medical condition allows. Consult with your physician if unsure.
- You may be provided and antiviral medication prescription prior to the procedure if you have a history of Herpes Simplex (cold sores) to avoid outbreak. Please bring this to our attention when scheduling if this applies, in addition to noting on your medical history form.
- Arrive to your appointment with clean skin. There should be no lotion, makeup, sunless tanning solutions, perfume, powder or oils present on the skin to be treated. Your technician will cleanse your skin and remove any make-up in the event this was not possible.

What to Expect:

- Immediately after your 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 mild to moderate sunburn/warm sensation and a feeling of skin tightness are also common post treatment and may last 1-3 days or longer.
- Bruising is possible, especially around the eye and jawline regions, and may last 1-2 weeks.
- Skin may crust, itch and peel for 3-7 days after treatment, depending on the treatment settings. Avoid scratching or picking at treated areas.

Post-treatment Instructions:

- Before discharge, a topical gel may be applied to the face. You will also be given a gentle facial cleanser and topical gel to use for the first 3 days after the procedure.
- Avoid applying anything else topically, including makeup, for 24 hours after the procedure. If there are no areas with broken skin or warm redness, makeup may be applied after this time.
- You may resume the use of your usual skin care products after 3 days. Retinoids may be used 5-7 days after treatment.
- There are no restrictions on bathing except to treat the skin gently, avoid scrubbing or trauma to the treated areas, as if you had a sunburn.
- Avoid sun exposure to reduce the chance of hyperpigmentation (darker pigmentation).
- It is mandatory that you use a daily sun block with Zinc Oxide or Titanium Dioxide of at least 8-9% and a minimum SPF 30 on all treatment areas
- Cool compresses may be useful to reduce swelling or discomfort. You may also take over-the-counter Tylenol for discomfort and apply Hydrocortisone 1% (steroid) cream to decrease any itching or skin irritation after the first 24 hours. An oral anti-histamine (such as Claritin daily or Benadryl nightly) may also be taken to help reduce any itching.
- Avoid activities that can induce heavy perspiration such as strenuous exercise or saunas for 2-3 days.

- Always wash your hands before touching your face, use clean towels and a clean pillowcase to help prevent infection.
- Multiple treatments (an average of 3) spaced every 4-6 weeks, may be required to achieve the desired response. You will notice immediate as well as longer term improvements in your skin over the next several months.

Please call our office at (480)477-7726 or email us at support@modernmedical.com with any questions or concerns.