

PRE-TREATMENT

1 to 2 Weeks Prior to Treatment

For optimal safety and results, it is imperative to adhere to the following guidelines in a professional manner. Refrain from sun exposure, tanning, tanning beds, spray tanning, and tanning lotions to minimize skin sensitivity and hyperpigmentation. If exposed to sunlight, apply SPF 50+ or SPF 30+ mineral sunscreen to protect the skin adequately. Discontinue the use of all blood-thinning medications, including aspirin. Patients with a history of cardiovascular issues should consult their primary physician before discontinuing blood thinners. Individuals with a history of HSV-1 (cold sores) must take a course of antiviral medication before and after the treatment. It is advisable to consult with your primary care physician before starting the treatment. If you have taken antibiotics within the last 2 weeks, please contact our clinic for guidance.

1 Week Prior to Treatment

Discontinue the use of any products containing Retin-A (Tretinoin), Retinoids, Glycolic Acid, Alpha Hydroxy Acid, Vitamin C. Avoid chemical peels, microdermabrasion, or exfoliation.

24-72 Hours Prior to Treatment

Avoid bleaching, waxing, tweezing, or using depilatory creams in the treatment area. Avoid smoking and any alcohol consumption. If you have any facial hair (beard, mustache), please shave 24-72 hours prior to avoid any irritation. No autoimmune therapies within 24 hours of procedure. Contact our clinic to reschedule if there are any open lesions or breakouts.

Treatment Day

Please come to your appointment without makeup, creams, gels, or lotions on treatment areas. Stay hydrated and eat a balanced meal to help reduce the chance of dizziness or lightheadedness. Arrive 60 minutes prior to your scheduled appointment time. A topical anesthetic containing Lidocaine and Tetracaine will be applied to the treatment area 45-60 minutes prior to your treatment.

POST-TREATMENT

Within 24-72 Hours Post Procedure

To promote the best results and avoid irritation, avoid working out for 24-72 hours (dependent on healing time). Use the recommended products to help soothe, hydrate, and protect the skin. When cleansing the treated area, utilize a gentle cleanser and avoid excessive scrubbing, pressure, trauma (you may cleanse the treated area only after 24 hours post-treatment). Avoid all anti-inflammatory medications, such as Ibuprofen for 72 hours. Avoid makeup for 48-72 hours. If you must use makeup within the first 48 hours, please only use 100% pure mineral powder makeup.

Within 1-2 Weeks Post Procedure

Wear at least a SPF 50+ or SPF 30+ mineral, daily starting the following day after treatment. Use clean towels and lightly pat dry the treated area. Sleep on clean sheets and pillowcases. Avoid sun exposure and any heat, including saunas, steam rooms or excessively hot showers. Avoid swimming in pools, lakes, rivers for 5 days. Stop the use of retinoic acid for 7 days. Avoid electrolysis, waxing, sugaring, threading, or any other form of hair removal in the treated area for 7 days. Don't tan or use a tanning bed for 14 days. Don't use facial scrubs or mechanical forms of exfoliation for 14 days. Don't have chemical peels, microdermabrasion, or dermaplaning for at least 14 days.

WHAT TO EXPECT

To sum it up, M8 is targeting subdermal layers of skin and tissue to both remodel and stimulate collagen production with no or very little downtime and a light sunburn feeling for an hour or two. Depending on how aggressive the treatment is, a patient may have some faint bruising and/or redness for 48-72 hours. You may notice some tightening and improved skin tone and texture within a few days after your first treatment. As weeks and months pass, your skin will continue to transform. In the first week after treatment, you might observe a subtle decrease in fine lines and an improvement in skin texture, resulting in a more radiant complexion. Full results become apparent approximately 3 months after completing the final treatment.

MORPHEUS8 COMMON SIDE EFFECTS

Redness & Swelling

Immediately after treatment, most patients will experience erythema (redness) with slight to moderate edema (swelling). A mild to moderate sunburn sensation is also common post treatment and may last a few hours. Before discharge an antibiotic ointment may be applied. Apply only the recommended products for optimal safety and results.

Crusting & Peeling

Skin may crust and peel for 1-5 days. (DO NOT EXFOLIATE). Use a gentle cleanser and pat dry the treated area with a clean towel.

Navigate Potential Effects

In the rare event that you experience excessive swelling, persistent redness, severe pain, or signs of infection such as increased warmth or breakout at the treatment site, it is crucial to contact the clinic immediately for further evaluation and guidance. Prompt communication with your healthcare provider can help address any concerns promptly and ensure that appropriate measures are taken to manage and resolve any unexpected side effects that may arise. Your clinic's team is here to support you throughout your treatment journey and prioritize your well-being.

Expert Recommended Products (pick up in-store or at www.skinlabandcontour.com)

Using the recommended products for pre and post care when undergoing a Morpheus8 treatment is crucial for achieving optimal results and ensuring the skin's health and recovery. Pre-care products help prepare the skin by cleansing, hydrating, and priming it for the procedure, ensuring better treatment efficacy and minimizing potential side effects. On the other hand, post-care products are essential for promoting skin healing, reducing inflammation, and maximizing the benefits of the Morpheus8 treatment. By following the recommended skincare regimen diligently, individuals can enhance the outcomes of their Morpheus8 sessions, maintain the skin's integrity, and achieve a smoother, more rejuvenated complexion in the long run.

Alastin Procedure Enhancement System (for Morpheus8 Face & Neck treatments)

The Alastin Procedure Enhancement System, featuring products like the Ultra Calm Cleansing Cream, Regenerating Skin Nectar, Ultra Light Moisturizer, and SPF 30, all enriched with TriHex Technology, synergizes seamlessly with the Morpheus8 pre and post-treatment regimen. The advanced formulations in this system work harmoniously to cleanse, nourish, protect, and rejuvenate the skin, enhancing the efficacy of Morpheus8 treatments while promoting optimal healing and long-term results. By incorporating these products into the skincare routine, individuals can experience a comprehensive approach to skincare that supports skin health, resilience, and radiance throughout the treatment process and beyond.

Alastin TransForm Body Treatment (for Morpheus8 body treatments)

The Alastin TransForm Body Treatment with TriHex Technology stands out as the expert-recommended skincare companion for Morpheus8 body treatments. Formulated to optimize skin rejuvenation and recovery, this advanced treatment harnesses the power of TriHex Technology to promote collagen production, improve skin texture, and enhance the overall results of Morpheus8 body treatments. By incorporating the Alastin TransForm Body Treatment into the pre and post-care regimen for Morpheus8 body procedures, individuals can effectively support skin health, accelerate healing, and achieve smoother, firmer skin with a more youthful appearance.

Oxygenetix – Medical-Grade Makeup

Oxygenetix medical-grade makeup is the ideal companion for Morpheus8 treatments, enabling optimal healing and results by allowing the treatment areas to breathe effectively. This innovative makeup formulation provides breathable coverage that promotes skin recovery while concealing imperfections, making it perfect for use post-Morpheus8 to support the skin's healing process. By using Oxygenetix, individuals can ensure that their skin is able to rejuvenate efficiently, ultimately enhancing the outcomes of Morpheus8 treatments for a smoother, more radiant complexion.