

Morpheus pre & post

One Week Prior to Treatment

- If medical condition allows, stop taking NSAID medicines such as Aspirin, Ibuprofen, and Naproxen since they interfere with normal blood clotting. Check medication labels for the active ingredient. Stop or limit alcohol, vitamin e and fish oil.
- You may take Acetaminophen (Tylenol) as needed for pain not to exceed 3000 mg per day.
- Let us know if there are any new changes to your medical condition or medication.
- Discontinue any exfoliating topical products or treatments, products such as Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A and scrubs.
- Stop treatments such as microdermabrasion and laser, injectables such as botox or filler.

Three Days Prior to Treatment:

- No prolonged sun exposure, to the area being treated, treatment will not be administered on sunburned skin.

Day of Treatment:

- Shower as usual-Do not apply any lotion, powder, oils or other products to treatment areas
- If face/neck being treated, cleanse your face/neck and do not apply makeup
- If you have long hair bring a hair band to pull it back
- If numbing at home, apply numbing and take 1000 mg Acetaminophen 1 hour before procedure, if numbing in the office, arrive at least 60 mins before your scheduled appointment.

What Can Be Expected?

- Immediately after your treatment, you will look and feel like you have a moderate sunburn
- Skin may feel warm and tighter than usual
- Skin may feel rough or like 'sandpaper' and lightly exfoliate for 3-7 days after treatment
- Redness and swelling are typical 1-2 days but may last for 3-4 days

After Treatment:

CLEAN – Use a gentle cleanser or face wash with lukewarm water to cleanse the face and gently pat dry.

HYDRATE – Use a gentle moisturizer 2x per day on the treatment area for 1 week. Your provider may also recommend a product to use in conjunction with your moisturizer that should be applied first.

MAKEUP – Can be applied 48 hours after the treatment. Clean makeup brushes prior to using.

PROTECT – At 24 hours after the procedure, you should apply a physical broad spectrum UVA/UVB sunscreen (Zinc/Titanium Dioxide) when outside.

Avoid exercise or excessive sweating for the first 24-48 hours after your procedure. Exfoliating products such as Retinols, AHA, BHA or scrubs can be started again after 1 week. If you have questions or concerns, please contact our office at 610-519-0600 or after hours text Dionna at 646-402-3585.