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AESTHETIC ART FACIAL REJUVENATION

HOW TO PREPARE FOR MORPHEUS8 TREATMENT

- Stop use of retinol, tretinoin, glycolic acid and any chemical exfoliants one week prior to treatment.
- Begin a good skin-hydrating regimen a few days before, if not already doing so. Hyaluronic acid is recommended.
- Avoid extreme sun exposure one week prior to treatment.
- On the day of your appointment, areas to be treated should be clean. Do not apply makeup, lotions, oils, or products.
- If medication has been prescribed for the procedure, please bring these with you to the appointment. Do not take them at home.

WHAT TO EXPECT DURING MORPHEUS8 TREATMENT

- Before the treatment, your face will be cleaned and topical numbing cream applied for 45-60 minutes. Once the skin is anesthetized, numbing injections are done so that you have minimal discomfort during the procedure. Once the area to be treated is numb, a handheld microneedling device is pressed into the skin, tiny microneedles penetrate the skin, delivering radiofrequency (RF) energy to the deeper levels of the skin and soft tissue underneath. Most patients are comfortable throughout the procedure and tolerate it well.

HOW TO PREPARE FOR MORPHEUS8 TREATMENT

- Proper aftercare following Morpheus8 treatment is key to achieving optimal results and minimizing any potential downtime. Since the treatment works by deeply penetrating the skin and stimulating underlying tissues, the face and neck require time to heal and regenerate. After the procedure, you may experience some redness, swelling, and bruising. Itching and dryness are also common. Some skin flaking may occur, but do not scratch or pick the skin. This can lead to scarring, infection, or a delayed healing process. Let your skin heal for the best results.
- If exosomes have been applied at the end of the treatment session, do not wash your face for at least 4-5 hours for maximal benefit. After this time, hydrate and moisturize your face often (see below).
- Use gentle products, particularly in the first week following treatment. This will help promote recovery and long-lasting results. It is important to keep the skin hydrated and moisturized after Morpheus8. Hydrators containing hyaluronic acid are wonderful, and moisture-retaining, healing creams should be applied 3-4 times/day in the immediate post-treatment period.
- Make-up can be applied the following day, but avoid heavy make-up which impairs the skin's ability to breathe and heal. Also, make-up brushes can retain bacteria, and care should be taken to maintain their cleanliness, particularly following microneedling procedures.
- Wait one week before using any strong facial creams, such as retinols, Retin-A (tretinoin), Vitamin C, and any acids.
- Protecting the skin from sun exposure is very important after the procedure. Sunscreen containing zinc oxide and/or titanium dioxide can be applied the following day, and should be applied judiciously every 3-4 hours.
- Exposing the treated skin to excessive heat can be irritating and delay healing. Stick to lukewarm water when cleansing your face and avoid hot showers or saunas until your skin has fully recovered.
- Most patients will have little- to no discomfort following the procedure and no oral medication is needed after treatment. Arnica may be recommended on occasion for patients who have bruising.