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# Morpheus8 Microneedling with Radio Frequency *with PRP*

Welcome to the Med Spa at Vision Dermatology. Thank you for choosing our centre and trust us with your restorative care. It is our mission to work with you to achieve the best results by implementing a uniquely tailored treatment course optimized for your individual priorities and health.

Micro Needling with RF is performed with the use of a sterile, disposable tip that allows effective, controlled treatment. Prior to the procedure, topical anesthetic cream is applied for patient comfort. When Microneedling is administered as a part of the PRP Facial, the patient’s own blood-derived growth factors and platelet rich plasma (PRP) are applied during the procedure. During an initial period of facial numbing (typically 50 min- 75 min), blood from the patient is obtained. The microneedling procedure is normally completed within 30-45 minutes depending on the required treatment and the anatomical site. The patient’s blood, which has been centrifuged to separate out platelet rich plasma (PRP), is then physically applied over the newly created holes in the skin made during the microneedling. New healthy skin appears about 4 weeks after treatment and continues to generate collagen and elastin for up to 4-6 months.

## PRE-TREATMENT INSTRUCTIONS:

* Hydrate – we recommend that for seven days pre-treatment you moisturize skin in the morning and evening, and drink at least 8 glasses of water per day to completely hydrate your skin and optimize treatment results.
* You may be provided an antiviral medication prescription 3-4 days prior to the procedure if you have a history of Herpes Simplex (cold sores) to avoid outbreak. Please bring this to our attention if this applies in addition to annotating on the medical history forms.
* Topical retinoid therapy should be discontinued 2-4 days prior to treatment
* Avoid any prolonged exposure to the sun, if you must be in the sun use a zinc oxide sunscreen of at least spf 30. Chrysalis Med Centre recommends EltaMD products.
* Arrive at your appointment with clean skin. There should be no lotion, makeup, perfume, powder, bath or shower oil present on the skin to be treated. You will be given the opportunity to remove your make-up in the event this was not possible.
* Remove all substances from the treatments area, including topical anesthetics, hairspray, gel, makeup, lotions, deodorants and self tanning products and ointments.
* Avoid taking anticoagulants (aspirin, mobic, ibuprofen, naproxen) for one week if your medical condition allows. Consult with your physician.
* Discontinue any irritant topical agents for 2-3 days before treatment (Vitamin C) unless they are Environ products. If the latter applies, please discuss with Dr Spector as you may be allowed to continue on most products up until the day of treatment.
* Alert Dr Spector asap if you have experienced any issues with **topical anesthetics** (xylocaine, tetracaine, lidocaine, prilocaine). Additionally, notify Dr Spector if any **surgical metal** (screws, plates) have previously been implanted.

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## POST TREATMENT INSTRUCTIONS:

Immediately after treatment most patients will experience a clinical endpoint of erythema (redness) for 1-3 days, however for more aggressive treatments and treatments that involve more superficial depths this may last longer. Slight to moderate edema (swelling) and mild to moderate sunburn sensation are also common post treatment and may last 1-3 days. Skin may crust and peel for 2-7 days depending on the treatment setting. With high energy levels and more superficial depths, it is common to have a palpable roughness on the skin and to see dark lines and spots resembling scratches and bruises. These should go away but the time for resolution does vary from individual to individual. If PRP was injected under the skin, bruising and fluid accumulation may be present and may take from days to sev weeks to completely resolve.

* Before discharge a topical ointment may be applied to the treated area, no bandages or wraps are necessary. You may be given samples of a topical balm to use for the 3 days after the procedure or you may apply aquaphor if you choose.
* Wait a **few hours** after treatment or before bed time to wash the treatment area. Use a gentle cleanser or simple water. Gently massage the treated area with tepid water (a shower can provide an easier ability to massage the area while washing at the same time), and remove all serum and dried blood.
* There are no further restrictions on bathing except to treat the skin gently except to avoid scrubbing or trauma to the treated areas, as if you had a sunburn.
* **Do not go swimming for at least 24 hours** post-treatment.
* **No exercising or strenuous activity for the first 24 hours** post-treatment. Sweating and gym environments are harmful, rife with bacteria, and may cause adverse reactions.
* **Makeup** may not be worn for 24 hours after the procedure. If there are no areas with active oozing and warm redness, makeup may be applied after this time.
* **Avoid alcohol-based toners for 10-14 days**.
* Dr Spector will inform you when you may resume the use of your usual skin care products (usually 2-3 days).
* Avoid sun exposure to reduce the chance of hyperpigmentation (darker pigmentation). Likewise avoid tanning beds.
* The use of zinc oxide sunblock spf 30 at all times after 24-48 hours.
* Multiple treatments over a period of several months may be required to achieve the desired response. You will notice immediate as well as longer term improvements in your skin. The time for skin cell turnover and collagen and elastin production is 42 days so most people will begin to see increased results after this time.

***We are excited to hear about your unique experience with Morpheus8 Microneedling with PRP. Emails (medspa@visiondermatology.com), texts and calls (919-4391909) which enlighten us on your individual impression is extremely valuable.. Additionally, questions or concerns are welcome at any time.***