

## Morpheus8 Microneedling with Radio Frequency Pre-Treatment Instructions

Welcome to The Med Spa at Vision Dermatology.

Thank you for trusting 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.

### 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. The Environ formulation of Vitamin A (Retinyl Palmitate) does not need to be discontinued.
- Avoid any prolonged exposure to the sun, if you must be in the sun use a zinc oxide sunscreen of at least spf 30.
- 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 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 should be fine to continue on most products up until the day of treatment.
- Arrive to 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.
- Alert Dr Spector asap if you have experienced any issues with topical anesthetics (xylocaine, tetracaine, lidocaine, prilocaine)
- Notify Dr Spector if any surgical metal (screws, plates) has previously been implanted.

## Morpheus8 Microneedling with Radio Frequency Post Treatment Instructions 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.
- Before discharge a topical ointment may be applied to the face, 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.
- 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
- Dr Spector will inform you when you may resume the use of your usual skin care products (usually 2-3 days).
- 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)
- 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/elastin production is 42-60 days so most people will begin to see increased results after this time (and these results should continue to expand for up to a year).

Contact us at [medspa@visiondermatology.com](mailto:medspa@visiondermatology.com) or at 919-439-1909 for any question or concerns. We love as many post-procedure photos as you are willing to share so please don't hesitate to send them often.