

## MORPHEUS8

1. **HYDRATE** - moisturize skin in the morning + evening, drink at least 8 glasses of water per day to completely hydrate your skin to optimize treatment results
2. **MEDICATIONS** - **AVOID ANTICOAGULANTS** for 10 days prior to treatment, if medical condition allows; Consult with your physician
3. **TOPICAL RETINOID** therapy should be discontinued 3-4 days prior discontinue any irritant topical agents for 2-3 days prior to treatment
4. **AVOID SUN EXPOSURE** - if you must be in the sun, use a zinc oxide sunscreen at least SPF 30+. Also avoid self-tanner + spray tanning for 7-10 days prior to treatment
5. **ARRIVE WITH CLEAN SKIN**. There should be no lotion, make-up, perfume, powder, bath/shower oil present on the skin in the area to be treated

### post care

**IMMEDIATELY AFTER TREATMENT**, most patients will experience redness for 1-3 days, aggressive treatments this may last longer // Slight to moderate swelling + a mild to moderate sunburn sensation are also common // Skin may crust + peel for 2-7 days

**A TOPICAL OINTMENT** may be applied, no bandages or wraps are necessary

**TREAT THE SKIN GENTLY** avoid scrubbing or trauma to the treated area  
Use water only or a gentle cleanser for the first 24-72 hours

**AVOID SUN EXPOSURE** to reduce the chance of hyperpigmentation

**MULTIPLE TREATMENTS** over a period of several months may be required to achieve your desired response

**CONTACT US** with any questions or concerns

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