



Pre & Post Care for Morpheus

Before Treatment:

- ❖ Discontinue blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, a minimum of 7 days prior to treatment. It is fine to continue iron and vitamin D.
- ❖ Avoid alcoholic beverages for 24 hours prior to procedure as this can increase the risk for bleeding and bruising at the treated site(s).
- ❖ If you have a history of cold sores or significant allergies/sensitivities please let the provider know.

Contraindications:

You should not have treatment done if you have any of the following conditions:

- ❖ Neuromuscular disorder, Pregnant or breastfeeding, Cardiac pacemaker, implanted mechanical device, large metal implants in area of treatment, loss of sensation to area of treatment, nerve conditions

Post-Procedure

- ❖ Some discomfort, stinging, throbbing or headache is normal for the first few hours. You may take tylenol.
- ❖ There can be a slight chance of bruising/splotches, this is temporary.
- ❖ Grid marks, pinpoint swelling, temporary changes in skin color are normal and resolve over time.
- ❖ Cold compresses may be used after the treatment to reduce swelling and decrease soreness. You may take Tylenol (if not contraindicated) before and every 4-6 hours after the treatment to help with any discomfort you may have.
- ❖ Patients should avoid strenuous exercise for 72 hours
- ❖ Avoid excessive touching or massaging the treated areas for about 1 week
- ❖ Skin will show signs of redness or erythema and will appear similar to a moderate sunburn. You may also have facial swelling, particularly around the eyes, for several days following treatment. This is normal and will subside in 3-7 days.
- ❖ We recommend waiting 2 weeks to have any other cosmetic procedures
- ❖ Use only gentle skincare products such as cleanser, vitamin C, moisturizer and post microneedling safe SPF. You can return to regular skin care and makeup routine after 5-7 days.
- ❖ Results from RF microneedling can take 3+ months due to the collagen timeline. Schedule your next microneedling in 4-8 weeks

Contact the office immediately if you have any of the following:

- ❖ Increased warmth at or around the treated area, Fever of 101.5 or greater
- ❖ Severe pain that is unresponsive to over-the-counter pain relievers

Please contact us at (323) 909-9434 if you have any questions or concerns.