

## Morpheus8

### Pre-Care:

1. Consultation: Schedule a consultation with a qualified and experienced medical professional to assess your skin, discuss your goals, and determine if Morpheus8 is suitable for you.
2. Skin Assessment: Inform your provider about any existing skin conditions, allergies, or previous treatments you have undergone.
3. Avoid Sun Exposure: Refrain from excessive sun exposure and use broad-spectrum sunscreen with at least SPF 30 for several weeks before the treatment. Sunburned or tanned skin is more prone to complications.
4. Skincare Products: Consult with your provider about which skincare products to use or avoid before the procedure. Generally, discontinue the use of retinoids and alpha hydroxy acids (AHAs) for a few days prior.
5. Medications: Discuss any medications or supplements you are taking with your provider, as certain medications might need to be adjusted before the procedure.
6. Hydration: Maintain proper skin hydration by drinking adequate water in the days leading up to the treatment.
7. Avoid Blood Thinners: Avoid medications and supplements that can thin the blood, such as aspirin and ibuprofen, for at least a week prior to the procedure.

### Post-Care:

1. Follow Provider's Instructions: Always follow the post-care instructions provided by your medical professional, as they may customize recommendations based on your specific treatment.
2. Redness and Swelling: Expect mild to moderate redness and swelling in the treated area for several days after the procedure. This is normal and should gradually subside.
3. Sun Protection: Continue to protect your skin from direct sunlight by applying a broad-spectrum sunscreen with SPF 30 or higher when going outside. Avoid tanning beds.
4. Gentle Cleansing: Use a gentle, non-abrasive cleanser for the first few days post-treatment. Avoid vigorous scrubbing.
5. Moisturize: Apply a hydrating, non-comedogenic moisturizer to the treated area to keep the skin moisturized.
6. Avoid Active Ingredients: Refrain from using products containing retinoids, AHAs, or BHAs for at least a week after the procedure.
7. Avoid Makeup: Avoid wearing makeup for the first 24 to 48 hours to prevent clogging pores.
8. Stay Hydrated: Maintain proper hydration by drinking plenty of water to support the healing process.
9. Avoid Excessive Heat: Steer clear of hot showers, saunas, and strenuous exercise for the first 48 hours post-treatment, as excessive heat can exacerbate redness and swelling.

10. Follow-Up Appointments: Attend any recommended follow-up appointments with your provider to monitor your progress and discuss additional treatments if necessary.