

INSTRUCTIONS

Morpheus8 RF Microneedling Treatments

WHAT CAN I EXPECT?

Your Morpheus8 treatment marries precision microneedling with focused radiofrequency energy, delivering sculpted, collagen-rich skin on the face, chin, and neck. Comfortably performed under topical anesthesia, this treatment rewrites texture and tone with minimal down time or interruption to your life. The resulting visible glow emerges in days, while full refinement reveals itself gradually over 3–6 months - especially when enjoyed as a curated series.

PRE-TREATMENT INSTRUCTIONS

- Pause reactive skincare, including retinoids, glycolic/salicylic acids, vitamin C, topical antibiotics, and exfoliants at least 4–7 days before your visit. This minimizes irritation and ensures a smooth, even treatment.
- Avoid sun and self-tans: Steer clear of tanning beds, spray tans, and sun exposure for at least 1–2 weeks prior (even more for deeper skin tones) to reduce post-treatment pigmentation risks.
- Hydrate thoughtfully: Drink plenty of water in the 24 hours before your session, and begin a nourishing Hyaluronic acid-based skincare routine in the days leading up to amplify your skin's readiness.
- Avoid NSAIDs, aspirin, herbal supplements (e.g., fish oil, vitamin E, ginkgo, St. John's Wort), and alcohol for 3–7 days before treatment to minimize bruising. Tylenol is your safe alternative.

POST-TREATMENT CARE

Because these treatments are non-invasive, there is minimal to no downtime. However, to care for your skin effectively after treatment, we advise the following:

- Avoid touching your face and hold off on applying makeup for at least 4–6 hours.
- Apply ice or a cool compress gently (wrapped in cloth) several times throughout the first 24–48 hours to soothe swelling.
- Sleep elevated, on your back. Avoid workouts, alcohol, heat, and pressure for 24–48 hours.
- Ache or tension? Tylenol is your refined ally - skip the NSAIDs.
- Opt for Arnica or bromelain if you wish.
- Resume gentle skin rituals only after 2 days; the rest can wait.
- Hydrate wholeheartedly and shield your glow with SPF every day.
- Follow-up at 2 weeks to ensure you love your look, and to let us capture the final look. If enhancements or tweaks are desired, we'll use your follow-up to address.
- Contact us immediately if you notice signs of concern - severe pain, discoloration, lumps, or other unexpected changes. Vascular occlusion or complications require prompt attention

If you have additional questions about your upcoming facial aesthetic service, please call us at 317.785.7470.