



La Jolla Cosmetic  
Medical Spa  
est. 2013

# Morpheus8 Pre and Post Care

## PREPARING FOR YOUR TREATMENT

### UPON SCHEDULING

- For the best results, we strongly encourage you to prepare your skin with a medical grade skincare regimen. Be sure to ask your provider for their recommendation!
- Prepare for 3-5 days of 'social downtime.' The treatment may cause areas of swelling, redness, pinpoint bleeding or bruising - please plan accordingly. Complete healing depending on the location of treatment can range from a few days to a few weeks. The face generally heals the quickest, and the neck/body will be slower to heal
- Avoid sun tanning & self-tanners for 4 weeks prior to treatment
- Avoid Botox (and other neurotoxins) 2 weeks prior, and avoid filler 4-6 weeks prior
- Avoid treatments that may irritate the skin 1-2 weeks prior to treatment
- Discontinue all blood thinners (unless medically necessary) such as aspirin, omega-3 fish oils, Ibuprofen, Naproxen (Aleve), St. John's Wart. If you are taking a medically prescribed blood thinner or any type of steroid, please notify your practitioner prior to treatment
- Discontinue potential skin irritants including soaps, scrubs, retinoids, glycolic acid, salicylic acid
- Avoid sun exposure and self-tanner
- If you are pre-treating with hydroquinone, please discontinue use 3-5 days prior to treatment

### DAY OF YOUR TREATMENT

- Please arrive to clinic with clean skin free of makeup, we will be taking Visia imaging photos to track treatment progress
- You will wear a topical numbing cream for 60 minutes prior to your treatment
- To ensure your comfortability, ask a team member about our treatment comfort options!

### AFTER YOUR TREATMENT

- Post care kit to include: Gentle cleanser, balm, sunscreen & pillow case!
- Skin may flake and peel for 2-7 days depending on treatment settings
- There are no restrictions on bathing except to treat the skin gently, avoid scrubbing or trauma to the treated area for 5 days (if treating the face, when showering rinse shampoo away from face)
- Avoid sun exposure to reduce the chance of hyperpigmentation.
- Avoid exercise and excessive sweating for 2-3 days post treatment

### FIRST 24 HOURS

- Typically, the skin will appear pink and slightly swollen immediately after treatment and will last 1-3 days.
- You will leave the MedSpa with a layer of protective balm on. You may cleanse your skin with the gentle cleanser provided by us several hours after your treatment, or leave alone until the following day.
- If you are experiencing dryness, you may apply a gentle moisturizer and spot treat with the balm



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- Avoid sun exposure for at least 48 hours

#### 48-72 HOURS POST TREATMENT

- AM – Cleanse skin, Alastin Regenerating Skin Nectar, moisturize, and apply mineral SPF 30+ . When cleansing, use cool to lukewarm water, not hot. Pat to dry, do not rub. If your skin is extra dry or irritated, you may use the provided balm, but can also use a gentle moisturizer with no scents or oils
- PM – Cleanse skin, Alastin Regenerating Skin Nectar, and moisturize
- After day 3, you may apply makeup over your moisturizer and SPF 30+
- After 1 week you may resume using Hydroquinone pads (if recommended by your provider) at night, following the cleanse step in your routine for 4 weeks, then continue with the rest of the nightly skin care