

AFTERCARE & ADVICE FOR YOUR MORPHEUS 8 APPOINTMENT

DR TREVOR BROOKS
PLASTIC SURGEON

ESSENTIALS MED SPA

WHAT IS IT? The Morpheus 8 is a fractional Radio Frequency device with programmable depths/energy. 24 tiny coated needles penetrate the subdermal tissue leading to coagulation and reduction of fat as well as contraction and tightening of the dermis and surrounding tissue.

PREPARE:

BOOK A CONSULTATION – THIS IS ESSENTIAL

6 MONTHS PRIOR - Speak to your doctor about stopping Isotretinoin Accutane prescriptions for 6 months and throughout your treatment plan timeline.

3 MONTHS PRIOR - Stop facial dermabrasion, any laser resurfacing, deep chemical peel treatments, epilation, waxing or tweezing.

2 WEEKS BEFORE

- Stop anything that causes you skin irritation (topical creams)
- Stop tanning from the sun, tanning beds, or tanning creams/sprays

7-10 DAYS BEFORE

- Stop use of Retinol/Vitamin A and acids like AHA, lactic, glycolic, etc.
- Stop blood thinning medications if safe to do so (seek advice of your prescriber), stop ASA (aspirin), ibuprofen (e.g. Motrin, Advil), naproxen (Aleve), herbal supplements (e.g. garlic, ginseng, ginkgo biloba, St. John's Wort, omega 3, and vitamin E)

24 HOURS BEFORE - Avoid Alcohol - Fill in consent forms sent to your email

WHAT TO EXPECT:

- Arrive with clean skin (no lotion, make-up, perfume, powder, bath/shower oil residue in treatment areas).
- Arrive 45-60 mins early! Your numbing cream takes time to take effect. If you are late, we may be forced to reschedule you. Due to the lidocaine in the numbing cream you may feel numbness or tingling for a few hours after your appointment.
- Downtime 2-7 days. You will likely have swelling, redness, tenderness, sunburn sensation, possible crusting or bruising over the treated areas. You will receive a topical ointment; no bandages or wraps are necessary.
- Space your sessions 4-6 weeks apart. Note: 1-3 sessions are suggested for optimal results.

AFTER, TO PROTECT YOUR RESULTS AND REDUCE SIDE EFFECTS:

1. Keep the area clean & be gentle – there is usually some pinpoint bleeding
2. For 24 hours after treatment, do not apply makeup over the injected area (risk of infection)
3. Only touch the treated area with clean hands, clean makeup tools, and clean towels. No bathing restrictions.
4. That evening and the next morning wash your face with a mixture of 1c Water & 1-2 tsp White Vinegar, then apply a thin layer of the provided Aquaphor ointment.
5. Avoid alcohol, strenuous exercise, exposure to UV radiation, and high heat environments
6. For the next two weeks, avoid massage and anything that causes irritation to the skin of the treated areas. Use SPF 40+ to reduce chance of hyperpigmentation.

PLEASE DO NOT HESITATE TO CALL OUR OFFICE AT 403-487-0460 IF YOU HAVE ANY QUESTIONS OR CONCERNS or

E-mail us directly info@drtrevorbrooks.ca, kara@essentialsmedispa.ca, or amanda@essentialsmedispa.ca