

## PRE & POST MORPHEUS8 TREATMENT INSTRUCTIONS

### Pre-treatment Instructions

- Stop using any type of topical and/or mechanical exfoliator 7 days before treatment. (retinoid, AHA-BHA, salicylic, glycolic,...microbeads)
- You **must avoid** all exposure to **UVA and UVB radiation** (natural sunlight and/or tanning booth) for **14 days before the procedure**. If you have to be exposed, you must always wear sun protection with a minimum of 50 SPF( zinc oxide).
- Avoid all self-tanning lotions two weeks prior the treatment.
- Avoid taking blood thinners or anti inflammatoires (aspirin, ibuprofen, naproxen) for one week prior if your medical conditions allow.
- Avoid alcohol 48 hours before treatment to reduce the risk of bleeding and/or bruising.
- Avoid all makeup, moisturizers and perfume on your skin the day of the procedure.

### What to Expect post procedure

- Immediately after the procedure, patients experience erythema (redness). In most cases, this redness remains visible for a few days (about 2 to 5 days). However, for some patients, this redness may remain visible for up to 2 weeks after the procedure, especially when we treat the neck area.
- After the procedure, the skin will be warm and tighter than usual.
- Edema (swelling) usually appears the day after the procedure and may remain for a few days.
- After the procedure you may see small scabs in the treated area. **DO NOT SCRATCH** and do not try to force the exfoliation, as this may damage the skin. The small scabs will disappear naturally within 7 days post procedure.

### Post-treatment Instructions

- Immediately after the procedure, the technician will apply a thin layer of **Aquaphor** ointment. It is recommended to continue this application for 24 hours following the procedure.
- After 24 hours, gently clean the treated area with a mild cleanser(e.g. hexam-vivier).
- Apply a repair cream. Make sure to use a suitable repair cream, without perfume and/or alcohol to keep away any unwanted skin reaction(e.g. see below the recommended aftercare product).
- Do not apply makeup for at least 5 days post treatment to avoid any risk of infection.
- In most cases, patients can return to their usual skincare routine within 7 days of the procedure. However, if the neck area has been treated, please wait until the skin has fully recovered before resuming your usual skincare routine.
- Please **wait a minimum of 14 days after the procedure** before using any type of **chemical and/or mechanical exfoliants** (retinoid, AHA-BHA, salicylic, glycolic,...microbeads).
- **Avoid sun exposure and/or tanning booths for a minimum of 14 days following the procedure** to reduce the risk of post-inflammatory hyperpigmentation (darker pigmentation).
- **It is essential to use sun protection with a minimum of 50 SPF(zinc oxide), 24 hours after the procedure and every day.**
- Avoid hot showers, aromatic baths, swimming pools, spas and saunas for 48 hours after the

# FACE MD

Montreal, Canada  
www.cliniquefacemd.com

procedure.

- Avoid all activities and/or exercises that may cause excessive sweating for 48 hours after the procedure.
- In case of abnormal skin reaction, please contact your technician.

*\*\*Results vary from person to person. Several treatments may be necessary to achieve the desired result. Treatments are performed every 4-6 weeks and you will notice an improvement in overall skin quality and radiance very quickly. During the weeks following the procedure, new collagen fibers are being formed, which gives you a firmer, younger looking skin. Cell turnover happens over a period of 28 days, which is when most patients begin to notice changes.*

## Post treatment skin care routine

Step	Procedure	Example of products
1	morning/evening - Clean with mild cleanser	<i>will be recommended to you in person after a personalized skin assessment by your laser technician</i>
2	morning/evening - Apply moisturizing/repairing cream	
3	morning 24 hours after treatment - Apply sunscreen	
4	evening - After cleansing, apply a repair serum with prebiotics and antioxidants <b>BEFORE</b> the repair cream.	