



Congratulations on completing your Morpheus8 RF Micro needling treatment! Morpheus8 is the gold standard in remodeling and stimulating collagen production for a more radiant, youthful appearance. Morpheus8 targets fine lines and wrinkles, stretch marks, acne scars, surgical scars, and hyperhidrosis without considerable downtime. Below are some recommendations and what you can expect post Morpheus8 treatment:

Immediately after treatment, most patients will experience erythema (redness) for 1 to 3 days. However, for more aggressive treatments, this may last longer. Slight to moderate edema (swelling) and a mild to moderate sunburn sensation are also common post treatment and may last 1 to 3 days. Skin may crust and peel for 2 to 7 days depending on treatment settings.

- **CLEANSE** your skin with a gentle, acid free cleanser and avoid topical products that contain alpha or beta hydroxy acids, retinols or Retin A for approximately 72 hours (3 days) or longer. If irritation occurs after applying alpha or beta hydroxy acids, retinols or Retin A products, wait a few more days to allow your skin to heal.
- **DO** apply serums as absorption levels will be elevated.
- **AVOID** direct sun exposure and wear sunscreen daily.
- **AVOID** Chlorinated pools or hot tubs for 72 hours (3 days).
- **AVOID** excessive heat 3 days post treatment, i.e., heavy workouts, steam rooms or saunas, etc.
- **DO NOT** use scrubs or polishers for 7 to 14 days. No abrasive loofahs or brushes following your treatment.
- **DO NOT** pick, scratch, or aggressively rub the treated area.

For best results, schedule your Morpheus8 treatment every 4 to 6 weeks. If you have any questions, please contact our office.

Thank you for choosing Reflections Cosmetic Surgery and Medical Spa for all your skincare and wellness needs. We look forward to working with you on your journey!

Don't forget to reschedule your next Morpheus8 Treatment!