



## **Post-Care Instructions for Morpheus8 / Virtue**

Thank you for choosing Reflections Medical Spa for your Morpheus8 treatment. To ensure optimal healing and results, please follow these post-care instructions carefully.

### **Immediately After Treatment:**

#### **No Makeup:**

Avoid applying makeup or skincare products for 24 hours.

#### **Redness and Swelling:**

Your skin may appear red and feel warm, like a sunburn, for up to 1–3 days. Mild swelling is also normal.

#### **Cleanse Gently:**

Use a gentle, fragrance-free, non-abrasive cleanser for one week. Pat your skin dry; do not rub.

#### **Hydrate:**

Apply the recommended post-procedure moisturizer to keep your skin hydrated. Products containing hyaluronic acid are ideal.

### **Avoid for 1 Week:**

#### **Avoid Sun Exposure:**

Protect the treated area with a broad-spectrum SPF 30+ or higher sunscreen. Direct sun exposure should be avoided until healing is complete.

#### **Active Ingredients:**

Do not use retinoids, AHAs, BHAs, vitamin C, or other exfoliating/harsh skincare products.

#### **Excessive Heat:**

Avoid hot showers, saunas, and strenuous exercise. Excessive sweating can irritate the skin.

#### **Swimming or Chlorinated Water:**

Refrain from swimming or exposing your skin to chlorinated pools or hot tubs.

#### **Hair Removal:**

Avoid waxing, threading, or laser treatments on the treated area.

### **Long-term care tips:**

- Following a consistent medical-grade skincare routine, as recommended by your provider, can enhance your results and help them last longer.
- Continue using sunscreen daily to protect your results and prevent premature aging.
- Schedule follow-up treatments or consultations for maintenance and enhanced results.
- If you have any concerns or experience unusual symptoms, such as excessive redness, swelling, blistering, discomfort or signs of infection, please contact Reflections Medical Spa immediately at 770-383-3552.

Thank you for trusting us with your skin health!