

# CITY MED SPA

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## SCIENCE MEETS BEAUTY

### Morpheus 8 Pre-Post Treatment Instructions

Welcome to CityMedSpa. Thank you for choosing and trusting us with your restorative care. It is our mission to work with you to achieve the best results by implementing a uniquely tailored treatment course optimized for your individual priorities and health.

The following instructions will assist in achieving the best results from Morpheus 8 restorative treatments. Please take a moment to review this information and go over any questions or concerns you may have with us before your appointment. You may email [amy@citymedspa.com](mailto:amy@citymedspa.com) or text/call 404-301-2324 with any questions. It is recommended that you seek medical attention from your family physician if you have concerns about specific skin lesions or changes prior to beginning Morpheus 8 sessions.

#### Morpheus 8 Pre-Treatment Instructions:

- Hydrate – we recommend that for seven days pre-treatment you moisturize skin in the morning and evening, and drink at least 8 glasses of water per day to completely hydrate your skin and optimize treatment results.
- You may be provided and antiviral medication prescription 3-4 days prior to the procedure if you have a history of Herpes Simplex (cold sores) to avoid outbreak. Please bring this to our attention if this applies in addition to annotating on the medical history forms.
- Avoid taking anticoagulants (aspirin, mobic, ibuprofen, naproxen) for one week if medical condition allows. Consult with your physician.
- Call 2 days prior to your appointment to get topical numbing cream prescribed to Brooke's pharmacy. You will need to apply 45 minutes prior to procedure.
  - Alert staff asap if you have experienced any issues with topical anesthetics (lidocaine, tetracaine, benzocaine, prilocaine, ect.)
  - If applying to face do not apply close to the eyes may go up to bony prominence surrounding eye.
  - Avoid applying on lips
- Topical retinoid , vitamin C, glycolic acid treatments should be discontinued 2-4 days prior to treatment
- City MedSpa recommends SkinMedica or Obagi products.
- Notify staff if any surgical metal (screws, plates) has previously been implanted.

## Morpheus 8 Post-Treatment Instructions

- Immediately after treatment most patients will experience a clinical endpoint of erythema (redness) for 1-3 days, however for more aggressive treatments this may last longer. Slight to moderate edema (swelling) and mild to moderate sunburn sensation are also common post treatment and may last 1-3 days. Skin may crust and peel for 2-7 days depending on the treatment setting.
- Before discharge a topical ointment may be applied to the face, no bandages or wraps are necessary. You may be given samples of a topical balm to use for the 3 days after the procedure or you may apply Aquaphor.
- Makeup may not be worn for 24-48 hours after the procedure. If there are no areas with active oozing and warm redness, makeup may be applied after this time
- Discuss with the staff when you may resume the use of your usual skin care products (usually 2-3 days).
- There are no restrictions on bathing except to treat the skin gently, avoid scrubbing or trauma to the treated areas, as if you had a sunburn.
- Avoid sun exposure to reduce the chance of hyperpigmentation (darker pigmentation)
- The use of zinc oxide sunblock spf 30 at all times after 2 weeks after your treatment
- Multiple treatments over a period of several months may be required to achieve the desired response. You will notice immediate as well as longer term improvements in your skin. The time for skin cell turnover is 28 days so most people will begin to see increased results after this time.