

# Séchoir

AESTHETICS • DERMATOLOGY • WELLNESS

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## **Morpheus 8 Post-Treatment Guidelines**

### **What to expect:**

- Most patients will experience erythema (redness) for 1-3 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 for several days.
- Skin may crust and peel for 2-7 days. This is normal and will vary from person to person.
- If numbing medication was injected for pain control, bruising is likely and will gradually resolve (days to weeks).

(On day of Morpheus8 Treatment: If PRP/HA/Exosomes have been applied to your skin following your Morpheus8 procedure, you may sleep in them. Alternatively, you may gently wash treated area following treatment protocol with recommended products as outlined by skincare professional).

### **Following your Morpheus8 Treatment:**

- Follow the specific skincare regimen provided by your skincare professional, twice daily:
  - 1) Gently cleanse the treated area using a mild cleanser.
  - 2) Pat dry.
  - 3) Apply a generous amount of Neocutis Aftercare (if you did not purchase Aftercare, you may substitute semi-permeable occlusive barrier such as Aquaphor. However, caution use if you have a lanolin/wool allergy, or are acne prone).
- For the first 48 hours following your Morpheus8 procedure avoid use of any topical products not approved by your skincare professional. This includes but is not limited to cosmetics, cleansers, sunscreens, moisturizers, etc.
- Avoid products with fragrance, plant ingredients, and "active" ingredients such as retinols, retinoids, lactic acid, glycolic acid, salicylic acid, etc., as they may increase irritation or result in skin reactions.
- Do not apply makeup for at least 24 hours after the procedure (2-3 days is preferred).
- Strictly avoid sun exposure, as you will not be wearing sunscreen and sun exposure increases your risk of hyperpigmentation. Use of large hats, sunglasses and sun protective clothing is encouraged during this time. You may return to wearing sunscreen 48 hours following the procedure. Be sure to continue minimizing sun exposure for one week as the skin is more vulnerable while it is healing.
- Avoid strenuous exercise or excessive perspiration for the rest of the day, as excess blood flow and sweat can cause discomfort and irritation to compromised skin (this only applies to the same day as procedure). After 24 hours you can gradually return to normal activities as tolerated.
- There are no restrictions on bathing except to treat the skin gently, avoiding scrubbing or trauma to the treated area.
- As you heal, should the skin feel dry, tight or itchy, apply Neocutis Aftercare liberally and throughout the day as often as needed.
- May take Tylenol as directed for any discomfort following the procedure.
- Ice packs to reduce swelling are strongly encouraged.
- After 2-3 days you can return to your regular skin regimen.

- To fully maximize your results, it is recommended to incorporate nutraceuticals/supplements with your skin rejuvenation process (ie: Skinade).
- Morpheus8 has a cumulative effect. For best results, follow-up with your next procedure in 6-8 weeks.

**When to be concerned:**

If any of the following symptoms of infection occur, please contact our office immediately, or seek medical assistance:

- Drainage that is pus-like, green, or foul smelling
- Increased warmth at or around the treated areas
- Fever of 101.5 degrees Fahrenheit or greater
- Severe pain that is unresponsive to over-the-counter pain relievers

**Nutraceuticals:** It is highly recommended to support treatments with nutraceuticals. Nutraceuticals, are defined as any substance that is a food or part of a food and provides medical or health benefits.

- **Skinade is a highly recommended nutraceutical (available for purchase at Séchoir).** It is a professional skin drink. It reduces fine lines and wrinkles, builds collagen, and repairs connective tissue, so you'll also benefit from stronger, healthier and faster-growing hair and nails.

**Neocutis Aftercare:**

A post-treatment cream that helps to boost collagen, hydrate and prevent excessive dryness, comfort and soothe healing skin, and promote post-treatment recovery.

Dermatologist tested • Free of color additives and fragrances • Not tested on animals



**Key Benefits:**

- Supports skin regeneration with growth factors
- Boosts collagen to promote post-procedure recovery
- Widely studied and clinically tested ingredients for post-treatment care
- Intensively hydrates and smooths
- Glycerin infuses moisture into compromised skin
- Lipids add hydration to promote skin elasticity
- Wild yam root helps counteract dryness and enhances skin tone
- Soothes and comforts skin
- Proprietary protein blend helps nurture and calm treated skin
- Nourishing vitamins and extracts soothe skin
- Dimethicone helps prevent excessive dryness, irritation, friction, and rubbing