



MORPHEUS8

(Fractional Microneedling & Radio Frequency)

Pre & Post Treatment Instructions

The following is a guideline, if you have any queries, please contact us.

Before Treatment:

- Stop taking NSAID or blood thinning and anti-inflammatory medicines such as Aspirin, Ibuprofen, and Naproxen ONE WEEK before the procedure, since they interfere with normal blood clotting. Check medication labels for the active ingredient.
- Avoid alcohol for 24hrs prior to your treatment.
- Make sure you discuss any bleeding tendencies and current medications you're taking with your practitioner.
- Discontinue any irritant type topical products or treatments such as Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula), scrubs or anything perceived as 'active' skincare.
-Treatments such as microdermabrasion and laser
- No prolonged sun exposure, to the area being treated
-A treatment will not be administered on sunburned skin
- Get a good night's sleep before the procedure.
- Eat a light meal (breakfast or lunch) the day of treatment prior to the appointment.
- Drink water and keep your body hydrated.
- You may take paracetamol half an hour before the procedure. If necessary, to minimise discomfort, topical anaesthetic cream may be applied 10 minutes before treatment, please discuss this with your doctor / nurse.

What Can Be Expected:

- Immediately after your treatment, you will look and feel like you have a moderate sunburn
- Skin may feel warm and tighter than usual
- Skin may crust and peel for 3-5 days after treatment
- Redness and swelling may last for up to 5 days



- Your practitioner will discuss post-procedure skincare following the treatment to help soothe, calm, and protect the skin. Continue to treat the skin gently for 3 days. Normal skincare can be resumed again after Day 3-5 days.

After Treatment:

CLEAN – Use a soothing cleanser or face wash with lukewarm water to cleanse the face and gently pat dry the treated skin until it heals. Always make sure that your hands are clean when touching the treated area.

HYDRATE – Use a gentle moisturiser or healing ointment on the treatment area until skin heals.

MAKEUP – Preferably mineral makeup, can be applied 48 hours after the treatment. Clean makeup brushes prior to using.

PROTECT – At 24 hours after the procedure, you should apply a broad spectrum UVA/UVB sunscreen with a minimum SPF30, preferably SPF50, AT ALL TIMES when you will be outside. Use a physical sunscreen (Zinc/Titanium Dioxide) daily. Do not use chemical sunscreens (oxybenzone, avobenzone, octisalate, octocrylene, homosalate and octinoxate).

Reapply often→In addition to reducing your future risk of skin cancer, sunscreens also reduce wrinkles and slow the ageing process.

What to Avoid:

To ensure the proper healing environment, please observe the following:

- For at least 5 Days post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula) or anything perceived as ‘active’ skincare.
- Avoid intentional and direct sunlight for 3-5 Days. post-treatment. No tanning beds.
- Do not go swimming for 3-5 Days post-treatment.
- No exercising or strenuous activity for 3-5 Days post-treatment. Sweating and gym environments are harmful, rife with bacteria, and may cause adverse reactions.