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### MORPHEUS8 Prepping Instructions

- ✓ Patients receiving MORPHEUS8 treatments must be on a prescribed skincare routine 6-8 weeks prior to their procedure. This may include a prescribed Tretinoin and/or Hydroquinone cream. This ensures that no adverse reactions such as; scarring, hypopigmentation, etc will occur and that they will have the best outcome.
- ✓ Please cleanse your skin before your procedure and be sure that NO makeup or skincare product residue is left on the treatment area.
- ✓ Please remove all jewelry; earrings, necklaces, and/or facial piercings if you are being treated in that area.
- ✗ Do NOT use self-tanning lotions, tanning booths, or sunbathe 2 weeks prior to your procedure.
- ✗ Do NOT use any mechanical exfoliants such as scrubs, Microdermabrasion's, cleansing brushes, or any chemical exfoliants such as Retin-A (Tretinoin), Retinols, BHA's/AHA's (Salicylic acid, Lactic acid, etc.) or Benzoyl Peroxide for 2 days prior to procedure.
- ✗ Do NOT have any dental work 2 weeks prior to your procedure if you are being treated on the lower face.
- ✗ Do NOT wax, receive facials, or laser treatments 2 weeks prior to your procedure unless directed otherwise by your provider.
- ✗ Do NOT take allergy medicine or pain relievers (NSAIDS; ibuprofen, Advil, Motrin, etc) 1 week prior to your procedure. This can increase the chances of bleeding, bruising, and swelling. Please speak to your General Care Doctor prior to discontinuing use of prescription blood thinners.
- ✗ Excess amounts of garlic, fish oil, and alcohol increase the likelihood of bleeding, bruising, and swelling when receiving injections. It is recommended to limit or discontinue use 3 days prior to your procedure. Please consult your PCP prior to discontinuing.
- ✓ If you are susceptible to bleeding and bruising, it is recommended to take Arnica tablets as directed on the bottle for 1 week prior to your treatment.
- ✗ Please avoid caffeine 24-48 hours prior to your procedure. This will help reduce the skin's sensitivity.

### MORPHEUS8 Post Procedure Instructions

- ✗ Discontinue use of ALL skincare products (until skin is fully healed) except the ZO Gentle Cleanser and ZO Hydrating Crème unless advised otherwise by Physician. Do NOT use sunscreen/SPF until 48 hours after.
- ✗ Do NOT use self-tanning lotions, tanning booths, or sunbathe for 2 weeks after your procedure.
- ✗ Do NOT use any mechanical exfoliants such as scrubs, Microdermabrasion's, cleansing brushes, or any chemical exfoliants such as Retin-A (Tretinoin), Retinols, BHA's/AHA's (Salicylic acid, Lactic acid, Glycolic acid, etc.) or Benzoyl Peroxide for 1 week after your procedure.
- ✗ Do NOT wax, receive facials, or laser treatments 2 weeks after your procedure unless directed otherwise by your provider.
- ✗ Avoid strenuous exercise for 24 hours.
- ✗ Avoid heat to treatment area. Saunas, hot showers, steam, etc.
- ✗ We recommend avoiding makeup application for 2-3 days after treatment.
- ✓ Your face may be red over the treated area. Small spots of crusting are possible and may appear 1-3 days post treatment. They will exfoliate naturally. Do not rub harshly or remove manually. Let them fall off on their own. Swelling may occur, particularly in areas treated with higher energy. You may also have some bruising. Swelling and bruising should subside over several days, but can last longer depending on how your body heals and the aggressiveness of your treatment. Itching may occur in areas as they heal. Do not scratch! Apply ZO Hydrating Crème as needed to ease discomfort.
- ✓ Improvements in skin texture, tightening, and wrinkle reduction will occur over 3-4 months after final treatment.

Any patients who do not follow these guidelines may be rescheduled due to safety precautions. Please contact the office if you have any questions or concerns.