

Pre and Post-Op Instructions for Morpheus8™

[Morpheus8™](#) is a minimally invasive treatment used to smooth fine lines and wrinkles, diminish pore size, lessen the appearance of acne scars and stretch marks, tighten loose skin, and reduce fullness in the neck and chin area. It is similar to [microneedling](#) but adds advanced radiofrequency technology to provide even better results. The radiofrequency waves reach deeper into your skin, stimulating collagen and elastin while sculpting and contouring your face and neck.

Beverly Hills Plastic Surgery is committed to ensuring that you receive the best care for every procedure from start to finish. That's why it's important to know how to prepare for your Morpheus8™ treatment and properly care for your skin after your session.

Preparing for Your Morpheus8™ Treatment

The Morpheus8™ treatment, while minimally invasive, does make your skin more susceptible to irritation, so you must take precautions and avoid things that may increase your skin's sensitivity.

Two Weeks Before

Wear broad-spectrum sunscreen, and avoid sunburns, tanning beds, and spray tans. Take a break from any other cosmetic treatments, like injections of BOTOX® Cosmetic, fillers, facials, chemical peels, or laser treatments. Discontinue the use of acne medication.

One Week Before

Discontinue the use of any medications, NSAID pain relievers (ibuprofen, naproxen), or supplements that cause blood thinning. Make sure you consult with your doctor before stopping any prescription blood thinners.

Stop using skin care products containing retinol, retinoids, or any type of acid (alpha-hydroxy, salicylic, or glycolic), anti-aging products, and chemical or physical exfoliants.

Do not wax, tweeze, bleach, or shave the treatment area.

Limit caffeine and alcohol intake, as they increase your risk of bruising and swelling.

If you have a history of cold sores, we recommend you take a dose of antiviral medication before and after treatment.

Caring for Your Skin After Your Morpheus8™ Session

On the day of your procedure, you'll arrive at our office with freshly washed skin, free of any makeup or skin care products. You will receive a topical numbing cream on the treatment area before the procedure to ensure your comfort, as well as an inhaled analgesic if you choose. Once your session is complete, you can return home, where you will care for your treated skin.

Up to One Week Post-Procedure

Immediately after your Morpheus8™ treatment, your skin will be red and slightly swollen, and you may feel like you have a sunburn. This usually resolves within one to three days and may be reduced using an ice pack. You may also notice temporary minor bruising and tiny needle marks, which resolve quickly.

If you require a pain reliever, continue to steer clear of NSAIDs. The body's natural inflammatory response is vital to the Morpheus8™ healing process, so stick with acetaminophen for pain relief.

Your skin will be dry and sensitive for the first week, so only use a gentle cleanser to wash the area, and moisturize with a hydrating moisturizer free of any acids or anti-aging ingredients. DO NOT peel or pick at your skin.

When you wash the treatment area, gently pat your skin dry. Additionally, make sure your hands and towel are clean, as well as your pillowcase, to minimize bacteria in the treated area.

Avoid hot showers, baths, hot tubs, and strenuous exercise. Excessive heat and sweating may irritate your skin as it heals.

After the initial 24 hours following your treatment, wear a full-spectrum sunscreen at all times: preferably a physical sunscreen with an SPF of at least 30 and UVA/UVB spectrum protection. Stay out of direct sun and wear a hat if necessary.

Don't use a chemical or physical exfoliant for at least a week after your treatment to allow your skin to calm down and heal.

Want to Learn More About Morpheus8™ in Beverly Hills?

At Beverly Hills Plastic Surgery, Dr. Chiu is committed to creating a customized skin care and rejuvenation program for each patient. If you're interested in learning more about Morpheus8™ and discovering what it can do for your skin, call us today at **310-888-8087** or fill out our [online contact form](#) to schedule a consultation. Let us help you reveal radiant, youthful skin under the surface with Morpheus8™!