



Lindsey Pennington, MD  
F A C I A L P L A S T I C S

**Morpheus8 Pre & Post Care Instructions:**

**Two Weeks Prior to Treatment**

- No prolonged sun exposure to the area being treated. A treatment will not be administered on tan or sunburned skin.
- No self-tanner to any area being treated.
- No treatments such as microdermabrasion, microneedling, chemical peels or lasers can be done within 2 weeks of this treatment.
- Stop taking NSAID medicines such as Aspirin, Ibuprofen, and Naproxen since they interfere with normal blood clotting. Check medication labels for the active ingredient. If on a daily Aspirin, it is ok to continue but will increase the risk of bruising.
- You may take Acetaminophen (Tylenol) as needed for pain not to exceed 3000 mg a day.

**Three Days Prior to Treatment:**

- Discontinue any irritant type of topical products or treatments.
- **Discontinue** products such as Alpha Hydroxy Acids, Beta Hydroxy Acid, **Retinol** (Vitamin A), Tretinoin, **Lightening creams**, hydroquinone, Vitamin C (in a low pH formula), scrubs or anything perceived as 'active' skincare.

**Day of Treatment:**

- Shower as usual. Do not apply any lotion, powder, oils, or other products to treatment areas.
- If face/neck being treated cleanse your face/neck and do not apply makeup. If you have long hair, bring a hair band to pull it back.

**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 3-7 days after treatment. Redness and swelling may last for 3-4 days.
- To reduce the risk of swelling post procedure, we recommend eating low salt (sodium) meals 1 day before your procedure and for 1-3 days post procedure.

- Daily antihistamines such as Zyrtec, Claritin, or Allegra can decrease swelling. For the best results, start taking one the day prior to your procedure and continue until healed.

#### **After Treatment:**

- **CLEAN** – Use a gentle cleanser (**we recommend SkinCeuticals Soothing Cleanser or SkinBetter Cleansing Gel**) 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 Aquaphor or Avene Cicalfate on the treatment area for 48 hours and a healing moisturizer (**Epidermal Repair by SkinCeuticals**) until skin has healed
- **MAKEUP** – Can be applied 2 days after the treatment. Clean makeup brushes prior to using.
- **PROTECT** – 24 hours after the procedure, you should apply a broad-spectrum UVA/UVB sunscreen with a SPF30, AT ALL TIMES during the daytime. Use a physical sunscreen (Zinc/Titanium Dioxide) daily. (**we recommend TruPhysical by Revision or SkinCeuticals Physical Fusion**). **Do not use chemical sunscreens (oxybenzone, avobenzone, octisalate, octocrylene, homosalate and Octinoxate) until healed.**
- Reapply sunscreen often in addition to reducing your future risk of skin cancer, sunscreens also reduce wrinkles and slow the aging process!

#### **What to Avoid:**

##### **To ensure the proper healing environment, be certain to observe the following:**

- For at least one week 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 at least two weeks. No tanning beds for one month.
- Do not go swimming for at least 48 hours post-treatment.
- No exercising or strenuous activity for the first 48 hours post-treatment. Sweating and gym environments are harmful, rife with bacteria, and may cause adverse reactions.

#### **Question? Please call our office or you can email your aesthetician directly:**

- **Office:** (318) 216-5366
- **Kensey:** [Kensey@penningtonfacialplastics.com](mailto:Kensey@penningtonfacialplastics.com)
- **Taylor:** [Taylor@penningtonfacialplastics.com](mailto:Taylor@penningtonfacialplastics.com)
- **River:** [River@penningtonfacialplastics.com](mailto:River@penningtonfacialplastics.com)