

Morpheus8 Patient Instructions

Morpheus8 face uses fractional RF energy to treat patients desiring skin tightening, textural improvement and fractional resurfacing for wrinkles or acne scars on face and body. Body areas can be treated for wrinkles, laxity and scarring.

Resurfacing is used for bony and/or soft tissue areas with surface irregularities (forehead, cheeks).

Prime tip is used for bone, thick and/or soft tissue on forehead, temple, periorbital areas (used as alternative when 2mm treatment is hard to reach and not feasible).

Higher RF Energy is used for deeper treatment and implies longer downtime and longer intervals between sessions.

Lower RF Energy is for thin skin, dark skin and bony areas with thin tissue.

RF Energy can be used on all skin types; extra care should be taken when treating darker skin tones and sun exposure. For darker skin tones, a pre-treatment bleaching regimen can be employed to maximize the safety of the treatment.

When treating with Fractional RF Treatment, please arrive early and allow 45-60 minutes for numbing of topical anesthetic.

Contraindications to RF treatment include:

- Pacemaker or internal defibrillator
- Superficial implants (metal plates, screws and metal piercings)
- Hand piece should be used at least 1 cm away from cochlear implants in the ear
- silicone implants or an injected chemical substance (unless deep enough in the treatment area- provider to determine).
- Any surgery in the treatment area performed within a year prior to treatment.
- Having received treatment with light, laser, RF, or other devices in the treated area within 2- 3 weeks for non-ablative procedures, and 6-12 weeks for ablative

fractional laser resurfacing (according to treatment severity) prior to treatment, except special recommendations.

- Treating over tattoos or permanent makeup.
- Treating over the lips.
- Treating over eyebrows or other hair bearing surfaces.
- Any facial surgery performed within a year prior to treatment.
- Current or history of skin cancer, or current condition of any other type of cancer, or pre- malignant moles.
- Intra-dermal or superficial sub-dermal areas injected with Botox®/HA/collagen/fat injections or other augmentation methods with bio-material, before the product has been dissipated (up to 6 months), except Botox after binding to the facial muscles (3-7 days). It is possible to treat sooner over injectable products placed in the deep, periosteal plane as soon as the area has healed (1-3 weeks).
- Severe concurrent conditions, such as cardiac disorders, sensory disturbances, uncontrolled hypertension, and liver or kidney diseases.
- Pregnancy and nursing.
- Diseases which may be stimulated by light at the wavelengths used, such as history of Systemic Lupus Erythematosus, Porphyria, and Epilepsy (for optical applications only).
- Impaired immune system due to immunosuppressive diseases such as AIDS and HIV or use of immunosuppressive medications.
- Isotretinoin (Accutane) within the last 6 months.
- Poorly controlled endocrine disorders, such as diabetes, thyroid dysfunction, and hormonal virilization such as polycystic ovary syndrome.
- Any surgical procedure in the treatment area within the last three months or before complete healing.
- Facial laser resurfacing, facial dermabrasion, and deep chemical peeling within the last three months if face is being treated.
- Vitiligo
- Treating over tattoos or permanent makeup.
- As per the practitioner's discretion, refrain from treating any condition which might make it unsafe for the patient.
- Excessively tanned skin from sun, tanning beds or tanning creams and sprays within the last two weeks.
- Current or prior history of Gold Therapy (For optical applicators only).
- Needle epilation, waxing or tweezing within the last six weeks prior to hair removal treatment

Potential side effects may include:

- Discomfort

- Excessive skin redness (erythema) and/or swelling (edema)
- Damage to natural skin texture (crust, blister, burn)
- Change of pigmentation (hyper- or hypo-pigmentation)
- Scarring

Although these effects are rare and expected to be transient, any adverse reaction should be immediately reported to the physician. Side effects may include any of those conditions listed above. Side effects may appear either at the time of treatment or shortly after. Some dark-skinned patients may have a delayed response 1-2 days after treatment and should be evaluated post-test accordingly.

Pre-Treatment:

- Avoid skin irritation or intentional skin tanning. Sun-screen is advisable when outdoors during daylight hours.
- Discontinue use of topical retinoid therapy 4 days prior to treatment.
- Discontinue any irritant topical agents for 2-3 days prior to treatment.
- Avoid freshly tanned skin or use of sunless tanner.
- Shave the area being treated prior to their scheduled treatment.
- Arrive for treatment with clean skin. There should be no lotion, make-up, perfume, powder or bath/shower oil present on the skin in the area to be treated.
- A topical anesthetic should be used only as directed by a physician and only if necessary- our office will provide, if deemed appropriate for the treatment area.
- Areas of dental crowns, caps, braces, or other metal dental implants may be more sensitive to treatment and the clinician may use dental rolls, gauze or a tongue depressor to isolate the area and make the treatment more comfortable.
- Prophylactic antivirals should be prescribed with active cold sores (Herpes simplex) when treating around the mouth.

Post-Treatment Follow Up:

- The number of treatment sessions depends on the individual, location and treatment aggressiveness. Total treatments may vary from 1-5 sessions. Treatments are typically repeated every 3-6 weeks. It is recommended to schedule a follow-up session, 2-3 days after the treatment to ensure a safe healing process.
- Treatment should be concluded when the results are satisfactory to the patient or according to the physician's discretion. Generally, 3-5 sessions are needed for mild to moderate depth settings. It is not typical to perform more than five consecutive sessions however more sessions can be performed as per physician discretion. In some instances, 1-2 sessions may be sufficient.

Post-Treatment Instructions:

- Most patients will experience erythema (redness) for a few days, however for more aggressive treatments this may last longer. Slight to moderate edema (swelling) and a mild to moderate sunburn sensation and/or itching are also common post treatment. Tiny scabs, white heads and/or blemishes may appear after 1-3 days and stay for several days. These skin blemishes should not be touched even if they itch and should be allowed to heal naturally.
- Before discharge a topical ointment may be applied to the face, no bandages or wraps are necessary.
- No direct hot water to the treated area. Hot showers may make the redness, swelling appear more significant. If you received Morpheus8 (body) do not submerge in hot tub, bath, swimming pool, for at least 3-4 days post treatment. Avoid scrubbing or trauma to the treated area.
- Avoid sun exposure to reduce the chance of hyperpigmentation.
- Use a high-factor sunscreen (at least 30 SPF) and protect the treated area from over-exposure to sunlight for at least one month after the treatment, starting 24-72 hours post treatment. Excessive tanning of any sort (sun exposure, tanning beds, and artificial tanning lotions) is not allowed in the treated areas during the entire course of the treatment.
- Cool the treatment area for 10-20 min.
- Cleanse the skin daily with mild soap and water. Do not use any harsh skincare products on the skin for 7 days or until symptoms of treatment subside. Keep treated skin sites clean and avoid touching. Change out pillow cases.
- No makeup may be applied for 24-72 hours after each treatment session and should be avoided until full post-treatment symptoms have resolved.
- Prophylactic antiviral therapy should be continued for patients with a history of cold sores (Herpes Simplex) when treating around the mouth.
- Moisturizer may be applied 24-72 hours after each treatment and then should be applied regularly throughout the course of the treatment.
- For skin types IV and V, a prescription or compounded bleaching regimen may be prescribed by the physician for 6-12 weeks, 2-3 times a week following the healing of treatment area (typically 7 days) to minimize risk of post-inflammatory hyper-pigmentation. It should be stopped 48-72 hours before another Morpheus8 Body session.

Advanced Post Treatment Symptom Relief:

- Reduce swelling and/or itching: Apply cold compresses directly on treatment sites and avoid heat exposure.
 - You may take benadryl as needed (Zyrtec as an alternative to reduce drowsiness during daytime hours).
 - Apply Hydrocortisone cream topically to treated skin sites and cover with Aquaphor (alternating the Aquaphor with Calmoseptine cream) three to four times daily and leave in place as thick barrier cream.
 - Do not use any harsh skincare products on the skin until symptoms subside.
 - Cleanse the skin daily with mild soap and cool water.
 - Change out your pillow cases.
 - Drink plenty of water.
 - Sleep upright with support of pillows to reduce swelling.
 - Resist the urge to itch and avoid touching the treated areas.
 - Improve excessive redness by taking Pepcid by mouth daily.