

Morpheus8 is a fractional radiofrequency (RF) microneedling treatment used for skin tightening, improving texture, and addressing issues like fine lines, wrinkles, acne scars, and skin laxity. Post-care is crucial to ensure optimal results and minimize side effects. Here's a comprehensive post-care guide for patients after undergoing Morpheus8 treatment:

### **Immediate Post-Care (First 24-48 Hours):**

#### **1. Redness & Swelling:**

- Expect **redness, swelling, and warmth** in the treated area, similar to a mild sunburn. This is normal and should subside within a few hours to a day or two.
- **Cold compresses or ice packs** can help soothe any discomfort and reduce swelling. Apply for 10-15 minutes at a time if needed.

#### **2. Skin Sensitivity:**

- Your skin will be more sensitive right after the treatment. **Avoid touching or rubbing** the treated areas to prevent irritation.
- Avoid **makeup** for at least 48 hours post-treatment to allow your skin to heal and breathe. After this period, if you choose to wear makeup, use non-comedogenic or mineral-based products.

#### **3. Infection**

- Cleanse skin with gentle cleanser tepid water morning and evening, pat dry with clean towel
- Change your pillow case to have clean surface, preferably cotton material
- Avoid having pets or animals touching the face

#### **4. Avoid Heat:**

- For the first 24-72 hours, **avoid hot showers, saunas, or steam rooms**, as heat can aggravate your skin and increase swelling or irritation.

#### **5. No Sun Exposure:**

- Avoid direct sun exposure for at least **48-72 hours** after the treatment, as the skin is especially vulnerable to UV damage.
- Apply **broad-spectrum sunscreen (SPF 50 or higher)** daily, even when indoors, as it's essential to protect the skin from pigmentation changes and further damage.

### **Within the First Week:**

#### **1. Swelling & Bruising:**

- Swelling may persist for a few days, and there could be some **bruising** around the treated areas, particularly in areas with thinner skin. This is normal and should resolve within 5-14 days.

#### **2. Dryness & Flaking:**

- The skin may feel **dry, tight**, or show signs of flaking or peeling as part of the healing process. This can last up to a week.
- Recommended to use ZO soothing ointment to keep the skin soft and prevent excessive dryness.

#### **3. Avoid Exfoliation:**

- Do not use any physical or chemical exfoliants for at least **2 weeks** post-treatment such as retinols, salicylic or glycolic acid, as this can irritate the skin and interfere with the healing process.
4. **No Strenuous Activity:**
- Avoid intense exercise or activities that cause excessive sweating for the first **48-72 hours** post-treatment. Sweating can cause irritation and slow down the healing process.

### **Long-Term Care (2 Weeks and Beyond):**

1. **Continue Sun Protection:**
  - For the best results and to protect your skin, **continue using sunscreen** every day. The treated area is more susceptible to pigmentation changes, so daily SPF is key.
  - **Reapply sunscreen** every 2 hours, especially if you're outdoors for extended periods.
2. **Moisturizing:**
  - Keep the skin **hydrated and nourished** using gentle, hydrating creams or serums that are suitable for your skin type.
  - Look for products containing ingredients like **hyaluronic acid, ceramides, or peptides** to support skin recovery.  
Daily Power Defense, Recovery Crème, Derma V
3. **Avoid Excessive Heat:**
  - For up to **2 weeks**, it's advisable to **avoid saunas, hot tubs**, and other activities that involve extreme heat or direct steam, as this can worsen swelling and irritation.
4. **Follow-Up Treatments:**
  - Depending on your aesthetic goals, follow-up treatments may be recommended every **4-6 weeks**. It's important to maintain regular sessions if you are targeting deeper concerns like wrinkles or skin laxity.

### **Important Do's and Don'ts:**

- **Do** keep your skin well-moisturized to support the healing process.
- **Do** follow any specific instructions from your provider, as some may offer customized recommendations based on your skin type and treatment area.
- **Don't** pick, scratch, or peel any scabs or dry skin that may form. This can lead to scarring or infection.
- **Don't** expose the treated skin to direct sunlight without proper sun protection for at least 2-4 weeks.

### **Signs to Watch For (Consult Your Provider If):**

- You experience **excessive pain**, severe **redness**, or **swelling** that doesn't subside after a couple of days.
- There is **persistent bruising** or if the treated area starts to show signs of **infection** (such as increased redness, warmth, or pus).

- You experience **unusual or excessive scarring** in the treatment areas.

### **Final Results:**

- Results from Morpheus8 can take **a few weeks to a few months** to fully manifest as collagen production and skin tightening continue to improve over time.
- You may notice **initial improvement** in the first 1-2 weeks, but the full effects will typically become apparent in 3-6 months.