

SANCTUARY

DERMATOLOGY



Morpheus8 Post Treatment Instructions

- Let soapy water wash over the treatment sites (do not scrub) then apply ointment (such as Aquaphor, or Alastin Soothe & Protect Recovery Balm) if recommended by physician to the treatment area.
- Alastin Procedure Enhancement system or SkinMedica procedure 360 system for pre and post procedure care is recommend.
- Cleanse the treated areas gently with a mild cleanser and water after 48 hours.
- Avoid drying or irritating facial products including Retinol and acids (Salicylic, Glycolic, etc.) for 3 weeks after the procedure. Do not rub or irritate the area.
- Tiny scabs may appear after 1-3 days and stay for several days following the treatment and should be allowed to flake off naturally.
- Use sunscreen at least 30 SPF and protect the treated area from over-exposure to sunlight for at least one month after your treatment(s), starting 24-72 hours post treatment.
- Avoid pain relievers such as Aspirin or NSAIDs (i.e. Advil, Motrin, Ibuprofen, Naproxen, Aleve, etc.) as they can thin the blood and cause bleeding or bruising. Tylenol is preferred.
- Moisturizer (recommended by our aestheticians or doctors) may be applied 24-72 hours after each treatment and then should be applied regularly throughout the course of the treatment. Make-up may be applied only 24-72 hours after each treatment session. Generally, 24 hours after treatment, patients may use mild cleansers, but not scrubs, harsh soaps or exfoliants.
- Prophylactic antiviral therapy should be continued for patients with a history of cold sores (Herpes Simplex) when treating around the mouth.
- Stay hydrated.

Treatment Recommendations

For best results, 3 to 6 treatments is recommended,
depending on the patient.