



AMARA MEDICAL AESTHETICS

### **Recommended Pre & Post Care for Morpheus8**

*For best results please follow these instructions*

#### **Prior to Scheduling:**

Pre and post treatment recommendations

Pre and Post Conditioning Skin Care:

Pre: HA Quenching or Alastin Invasive System

Post: Strong Pigment Control or Gentle Pigment Control

- Area(s) being treated, number of treatments and frequency (generally 3 treatments about every 3-6 weeks)
- Cost (at least 50% of payment may be required prior to scheduling)
- Pain management (topical lidocaine is provided to all patient and will be applied upon arrival for 30 min), but for some individuals, they may need
  - Oral medications – we need at least 72hr notice prior to appt to pick up at office, fill and be ready for your appt. REQUIRED DRIVER
  - Nitrous Oxide – can be decided at anytime along the process, but does require an extra cost of \$75 per session.

#### **Before Your Treatment:**

- Do not wear makeup on the day of treatment.
- Excess hair may need to be shaved the night prior. Men should be cleanly shaved.
- No sun-tanning or self-tanners 4 weeks prior to treatment
  - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc.)
- Notify clinic with any changes to your health history or medications since your last appointment.
- History of herpes or cold sores may require an anti-viral prescription prior to treatment.
- Skin types IV-VI or Skin Types I-IV with active tan should be treated gradually by using a Pigment Control Cream 6 weeks prior treatment. Skin Types I-IV with no active tan should use a Pigment Control Cream 2+ weeks prior to treatment. Stop at least 48 hours prior Morpheus8 treatment to minimize risk of post inflammatory hyper-pigmentation.
- Ideally, start Alastin Invasive System 7-14 days prior to treatment (additional \$345 cost)
- A week before your procedure stop taking: aspirin, ibuprofen, Excedrin, Motrin, ginkgo biloba, ginseng, flax oil, cod liver oil, fish oil, vitamin A, vitamin E and other essential fatty acids. Also, avoid drinking caffeine and alcohol a few days before your treatment. If you must take pain medication, Tylenol is your best choice.

#### **After Your Treatment:**

- Cool the treatment area for 10-20 min for comfort using a fan or A/C.  
\*\*\*\*\* PLEASE DO NOT ICE unless otherwise specified.

- The patient should 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 your treatment(s), 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.
- Bruising, redness, and swelling may occur lasting days to weeks.
- During the first two days following treatment the treatment area should be kept clean to avoid contamination or infection; any mechanical or thermal damage (AVOID hot tubs, saunas, etc.) to the area(s) must be avoided.
- Moisturizer (lotions and creams) 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 regular soaps, but not scrub soaps or exfoliates.
- Avoid skin irritants (examples below) a few days post-treatment.
- Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- Restart Pigment Control regimen prescribed for 9–18-week treatment course, use at least 2-3 times a week following the healing of treatment area (typically 3-7 days) to minimize risk of post inflammatory hyper-pigmentation, but nightly is ideal. It should be stopped 48-72 hours before another Morpheus8 session.
- The number of treatment sessions depends on the individual patient and treatment aggressiveness and may vary from 1-5 sessions. Treatments are typically repeated every 3-6 weeks.
- Prophylactic antibiotic treatment may be prescribed for 1-3 days post treatment. Patient is to contact the provider if there is any indication of infection, excessive swelling, redness, undue pain, or any other unusual or untoward symptom.
- Tiny scabs may appear after 1-3 days and stay for several days following the treatment. The scabs should not be touched or scratched even if they itch and should be allowed to flake off naturally.
- Blisters are rare, but when they do occur, may be treated with a prescribed antibiotic ointment, or burn treatment cream as per provider's discretion.
- Prophylactic antiviral therapy should be continued for patients with history of cold sores (Herpes Simplex) when treating around the mouth.

#### First 24 Hours:

- Only lukewarm water with NO soaps
- Use HA Quenching OR Nectar/Alastin System 3 times a day w/ 1<sup>st</sup> application after 1 hour of treatment
- Limit mask and wear new one provided

#### 24-72 Hours:

- Only lukewarm water with Gentle Cleansers
- Use HA Quenching OR Nectar/Alastin System 3 times a day
- In the AM, apply sunscreen w/ ATLEAST SPF 30
- Ok to wear make-up as needed, but prefer to wait 72hrs
- Limit mask and wear a new one, if possible

#### After 72hrs Up Until Next Treatment:

- Cleanse with Gentle Cleansers
- Use HA Quenching OR Nectar/Alastin System twice daily (or as directed)
- In the AM, apply sunscreen w/ ATLEAST SPF 30
- Ok to wear make-up as preferred
- Restart Pigment Control Cream to be applied nightly (at least 2-3x/week) and break again ATLEAST 48 hours prior to next treatment

### **10 Key Recommendations:**

1. Use Alastin Invasive System 7-14 days prior to start of Morpheus treatment series.

2. Elevate your head and avoid lying flat or prone (face down). Putting your head on a few pillows, will help reduce bruising, swelling, and pooling of blood in the area treated.
3. Do not massage or touch treated area(s). Avoid rubbing and massaging the treated area for at least 24 hours.
4. Take oral arnica immediately and after 24-72 hours, apply topical arnica as needed for bruising.
5. No strenuous activity. Any activity that elevates your blood pressure and heart rate can cause bruising. You should avoid running, weightlifting, Pilates, yoga, aerobics, cycling, climbing, sun, heat exposure and sex for the first 24-72hrs.
6. At least 3 days pre and post treatment avoid: aspirin, Motrin, ginkgo biloba, alcohol, carbohydrates, caffeine, sugar, garlic, flax oil, cod liver oil, fish oil, vitamin A, vitamin E and other essential fatty acids.
7. For at least 24-48 hours post treatment avoid: alcohol, caffeine, niacin, high sodium foods, high sugar foods, carbohydrates, spicy foods, and cigarettes.
8. No topical products. Discontinue Retin A and Pigment Control Cream for at least 2 days after treatment. Do not wear makeup or lipstick on the treated area for at least 24 hours. Best to wait and restart topical regimen for 72hrs post treatment.
9. Follow Alastin Invasive System and/or use Amara's HA Quenching Serum applying first application of HA or Nectar 1 hour post treatment then ATLEAST 3x a day for the first 3 days then twice daily as preferred.
10. Try to wear a new mask and limit wearing time for the first 24-72hrs as possible.

#### **Contraindications:**

- Pacemaker or internal defibrillator, or other metallic or electronic implant anywhere in the body. The Hand piece should be used at least 1cm away from cochlear implants in the ear.
- Permanent implant in the treated area such as metal plates, screws and metal piercing or silicon, unless deep enough in the periosteal plane.
- Current or history of skin cancer, or any other type of cancer, or pre-malignant moles.
- Pregnancy and nursing.
- Severe concurrent conditions, such as cardiac disorders or sensory disturbances.
- Impaired immune system due to immunosuppressive diseases such as AIDS and HIV or use of immunosuppressive medications.
- Poorly controlled endocrine disorders, such as diabetes or thyroid dysfunction and hormonal virilization.

#### **Precautions:**

- Patients with history of diseases stimulated by heat, such as recurrent Herpes Simplex in the treatment area, may be treated only following a prophylactic regime.
- Intra-dermal or superficial sub-dermal areas injected with Botox®/HA/collagen/fat injections or other augmentation methods with biomaterial, 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).
- Any active skin condition in the treatment area, such as sores, psoriasis, eczema, and rash.
- History of skin disorders, keloids, abnormal wound healing, as well as very dry and fragile skin.
- History of bleeding coagulopathies or use of anticoagulants in the last 10 days
- Any facial surgery performed within a year prior to treatment.
- Facial dermabrasion, facial resurfacing, or deep chemical peeling within the last three months, if face is treated.
- 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.
- Use of Isotretinoin (Accutane®) within 6 months prior to treatment.

- Use of non-steroidal anti-inflammatory drugs (NSAIDS, e.g., ibuprofen-containing agents) one week before and after each treatment session, as per the practitioner's discretion.
- Treating over tattoo or permanent makeup to be kept.
- Treating over the lips (ok for around the lips)
- Treating over hair bearing surfaces. \*\*\* Must be shaved
- Irritable skin like excessively tanned skin from sun, tanning beds or tanning creams and sprays within the last two weeks.
- As per the practitioner's discretion, refrain from treating any condition that might make it unsafe for the patient.
- Skin Types IV+ MUST use HQ 6% or higher prior to and during course of treatment but is recommended for ALL skin types.

### **Possible Side Effects**

Use of the system, whether it be proper or improper, could result in possible side effects. 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 below. Side effects may appear either at the time of treatment or shortly after.

The 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 hypopigmentation)
- Scarring
- Infection