

POST CARE INSTRUCTIONS

morphews & face

Here are recommendations for a few simple guidelines after your procedure. These can make the difference between a good result and a fantastic one.

- **Wound care:** Let the soapy water wash over the treatment sites (do not scrub) then apply an ointment such as **Aquaphor** or antibiotic ointment if prescribed by a physician to the treatment area **twice daily for one week while the skin is healing**. Tiny scabs may appear during the healing process. **Please do not pick at the scabs.**
- **Cleanse the treated areas gently with mild soap such as Cetaphil or Cerave 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.
- Although these effects are rare and temporary, redness and swelling may last up to 2 weeks and are a part of a normal reaction to the treatment. Bruises occur in some people and last 1 to 2 weeks and are a normal reaction to the treatment.
- Avoid the use of Retinol or exfoliating [acid] based skincare products for 5 -7 days post-treatment. [Glycolic, Salicylic, Lactic, etc].
- Please do consider using a cosmeceutical grade post-treatment skincare regimen immediately post-treatment that includes any of the following:
 - o Stem Cell Serum
 - o Growth Factor Serum
 - o Peptide/Recovery Serum
 - o B5 Serum
 - o Hyaluronic Acid Serum
 - o Antioxidants
- Use a broad-spectrum, **mineral-based sunscreen** beginning 24 hours post-treatment.
 - o Do NOT use a chemical-based sunscreen.
 - o SkinCeuticals or ZO are all good options to consider.

POST CARE INSTRUCTIONS

morphews & face

- **For 4 days post-treatment:**

- o Use a clean washcloth.
- o Sleep on a clean pillowcase.
- o Wash your hands before touching your face.
- o Avoid touching your face after petting your cat, dog, or other pets until you have washed your hands.

- **If you plan to wear make-up 24 hours post-treatment, ensure the following:**

- o Use a new make-up sponge.
- o Clean your make-up brushes.
- o Clean your make-up products with an alcohol wipe

- You can resume the use of Retinols and exfoliating [acid based] skincare products 5-7 days post-treatment.

- You can resume the use of Hydroquinone or other pigment control skincare products day 5 post-treatment.

- Limit physical activity and exposure to excessive heat (including fires) and UV light for 2 weeks.

- Avoid prolonged direct sun exposure 5-7 days pre-treatment and 7-10 days post-treatment.

- Only take prescribed pain medication or Tylenol for pain relief (not both) after your procedure, unless instructed otherwise. Other pain relievers such as Aspirin or NSAIDs (i.e. Advil, Motrin, Ibuprofen, Naproxen, Aleve, etc.) can thin the blood and cause bleeding or bruising. The only exception to this rule is if your primary care doctor has prescribed you to take a daily Aspirin, NSAID, or other blood thinners. Take all antibiotics unless instructed otherwise.

- **Do NOT drink alcohol for several days as instructed by the doctor after this procedure. Drinking alcohol can negatively affect healing and can cause thinning of the blood, bleeding, crusting, and/or bruising.**