

# REFINED BEAUTY

## Morpheus 8 Post care treatment

- CLEAN – Use a gentle cleanser or face wash with lukewarm water to cleanse the face and gently pat dry the treated skin until it heals. Always make sure that your hands are clean when touching the treated area.
- HYDRATE – Use a gentle moisturizer or healing ointment on the treatment area until the skin heals.
- MAKEUP – Can be applied 2 days after the treatment. Clean makeup brushes before using.
- PROTECT – At 24 hours after the procedure, you should apply a broad spectrum UVA/UVB sunscreen with a SPF30, AT ALL TIMES when you are outside. Use a physical sunscreen (Zinc/Titanium Dioxide) daily. Do not use chemical sunscreens (oxybenzone, avobenzone, octisalate, octocrylene, homosalate and octinoxate).
- REAPPLY often →In addition to reducing your future risk of skin cancer, sunscreens also reduce wrinkles and slow the aging process.

### What to Expect

- Minimal pinkness/redness may last for up to 1 week.
- Superficial bruising may occur, typically around the eyes.
- Small needle marks may be present for a few days to a week post-procedure.
- Swelling of the face, especially around the eyes

### What to Avoid

To ensure the proper healing environment, be certain to observe the following:

- For at least 48 hours post-treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula), or anything perceived as 'active' skincare.
- Avoid intentional and direct sunlight for at least 24 hours. No tanning beds.
- Do not go swimming for at least 24 hours post-treatment.
- No exercising or strenuous activity for the first 24 hours post-treatment. Sweating and gym environments are harmful, rife with bacteria, and may cause adverse reactions.
- Avoid strenuous exercise and high-heat environments for the first 24 hours.
- Follow-up 3-5 weeks after each treatment as multiple treatments are recommended for optimal results