

# REFINED BEAUTY

## Morpheus V - PRE TREATMENT INSTRUCTIONS

Hydrate- We recommend that for seven days pre-treatment you moisturize skin in the morning and evening, drink at least 8 glasses of water per day to completely hydrate your skin and optimize treatment results.

Vaginal health screening- Have an up-to-date, normal PAP smear done within one year prior to treatment.

Shaved- Please have pubic hair fully shaved.

Over the Counter Medications- Avoid aspirin, Motrin and Ibuprofen for one week prior to your treatment.

Sun exposure- No tanning bed or self-tanners for 1-2 weeks prior to treatment.

Prescription Medications- We will provide you with an antiviral prescription (if needed) to fill and take before your appointment to decrease the risk of a herpetic outbreak. Take your first tablet 24 hours before your treatment and follow instructions on the bottle. Take other medications that may be prescribed for anxiety or pain management as instructed on the bottle. Stop taking prescription medications that may increase the risk of bruising as instructed and in coordination with your physician.

Supplements- Avoid fish oil, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other supplements one week before treatment.

Alcohol- Avoid alcohol for two days prior to treatment.

Accutane- Inform your provider if you have taken Accutane (oral acne medication) in the past year.