

REFINED BEAUTY

Morpheus 8 Pre-Treatment Instructions

SIX MONTHS BEFORE

- IF YOU ARE TAKING Accutane (isotretinoin), Morpheus8 treatment may be performed six months AFTER medication is completed.

TWO WEEKS BEFORE

- AVOID any type of tanning from the sun, tanning beds, and tanning creams/sprays. If you must be in the sun, use a zinc oxide sunscreen of at least SPF 30. A treatment will not be administered on sunburned skin.
- AVOID waxing, laser hair removal, laser therapy, and cosmetic fillers.
- AVOID professional peels or microdermabrasion for 2 weeks before and after your appointment.

ONE WEEK BEFORE

- STOP TAKING NSAID medicines such as Aspirin, Ibuprofen, and Naproxen since they interfere with normal blood clotting. Check medication labels for the active ingredient.

THREE DAYS BEFORE

- DISCONTINUE any irritant type topical products or treatments such as Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula), scrubs or anything perceived as 'active' skincare.

24 HOURS BEFORE

- AVOID drinking any alcohol. This will help reduce the skin's sensitivity.
- DRINK 8-10 glasses of water daily to keep your skin hydrated.