



BAY AREA COSMETIC DERMATOLOGY

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PRE & POST CARE FOR MORPHEUS

WHAT IS MORPHEUS?

Morpheus is used to treat the appearance of fine lines, wrinkles, skin laxity, acne/surgical scars, skin tightening, and for overall improvements in skin texture. The treatment creates micro-injuries in the skin followed by radiofrequency stimulation, which trigger the production of new collagen and elastin. Morpheus is most often performed as a series 3-4 treatments, scheduled 4-8 weeks apart, although single treatments will still have long-standing positive effects. Your provider can help you determine how many are necessary to achieve your specific goals.

Most patients find Morpheus to be a well-tolerated procedure. Depending on depth used, downtime can vary from 2-5 days.

Immediately post procedure there will be pinpoint redness and a sunburned sensation, which will gradually subside. Towards the end of recovery there will be dryness and light skin flaking. By 1-2 months and beyond, you should start seeing improvements in fine lines, wrinkles, and scarring.

HOW TO PREPARE FOR YOUR TREATMENT

- Avoid active and/or medicated products for 2 days prior to treatment . These include retinoids, tretinoins, glycolics, salicylic acids, lactic acids, hydroquinone products (which is the active ingredient in many brightening products), dapson, acne products, or precancer treatments as directed by your provider.
- Please inform your provider if you have a history of herpes simplex or cold sores as we may provide an antiviral at time of appointment to prevent a breakout. Morpheus treatments can increase the likelihood of a breakout.
- If you are currently taking blood thinners, you may experience bruising. If approved by your doctor, please stop one week in advance of the procedure.
- Come to your appointment without makeup if possible. We can also provide cleanser at time of appointment.
- Please bring a large brimmed hat to protect your skin directly after treatment.
- Your appointment has prep time including ≈45 minutes to 1 hour of numbing cream, so we suggest bringing a book, computer or other entertainment to pass the time. Complimentary wireless is available for your use.
- Lidocaine numbing injections may be indicated for increased comfort during treatment. Pro-nox (laughing gas) is also available for an additional fee.
- The procedure itself takes 45 minutes to 1 hour but please plan to be at our clinic for at least 1.5-2 hours total.

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WHAT TO EXPECT & HOW TO CARE FOR YOUR SKIN AFTER TREATMENT

Typically, there is minimal discomfort directly after the procedure and patients resume most activities as normal, with some special care for the treated skin.

- Avoid touching the treated area and do not apply anything to the skin (unless directed) for 24 hours. This includes sunscreen and makeup. Use clean pillowcases for sleeping.
- Avoid direct sun exposure to the treatment area for 2 days.
- After 24 hours, gentle cleanser, moisturizer, sunscreen, and makeup may be used. Be sure fingertips, brushes, and applicators used are clean.
- Light activity and showers can resume 24 hours post-procedure.
- Actual healing time will vary depending both on the settings and overlapping passes prescribed. Healing can take longer for areas with slower blood circulation such as the neck, décolleté, arms, hands, legs, abdomen and back.
- Skin tightness from mild swelling, sensitivity to touch, flushing or feeling sunburned is typical and subsides over 2-4 days on average, although it can persist longer for some, especially in body areas.
- It is common for the treated skin to feel dry after Morpheus as the body goes through the collagen building process.
- Moisturize frequently post-procedure, but apply a thin layer as thick layers often lead to acne breakouts.
- Let the skin naturally exfoliate by itself, **DO NOT** pick or rub the skin.
- Avoid active products until skin exfoliation has finished (referenced above in “How to Prepare”).
- Once exfoliation is complete, you may start to resume your active skincare but do so slowly as the fresh skin will be sensitive. For stronger topicals such as retinoids, start at a reduced interval and ramp up as tolerated.

A special note about Acne: Although acne breakouts after Morpheus treatment are uncommon, occasionally patients may experience some mild acne if the moisturizer of choice is too thick or if too much is applied during recovery such that the healing skin isn't allowed to breathe.

We typically recommend [Plated Calm](#) and [Neocutis BioCream](#) for optimal recovery and results after Morpheus treatments. If you would like to use a different moisturizer, please ensure it is not occlusive and apply in a thin layer only. Our staff is happy to take a look at your moisturizer of choice.

If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.

Questions or concerns? Please securely send a direct message to your provider through BACD's online patient portal: [MyPatientVisit](#) or call the office 415-292-6350.