Morpheus8 *Aftercare*

Caring for your skin after RF microneedling

Morpheus8 delivers radiofrequency energy through fine needles to tighten and refine texture, laxity and scars. Gentle care in the first week helps your skin heal smoothly.

What to *expect*

When	What is normal
Treatment day	Redness, warmth and a sunburn-like feeling. Pinpoint marks and mild swelling are normal.
Days 1 to 3	Swelling may peak, especially under the eyes and along the jaw. Redness fades gradually.
Days 3 to 7	Dryness, rough texture and light flaking. A faint grid pattern may be visible and fades on its own.
Weeks 4 to 12	Collagen remodeling continues. Results keep building for up to 3 months.

The first 24 *hours*

Please do	Please avoid
• Wash your hands before touching treated skin.	• Makeup, sunscreen or other skincare products.
• Apply only a gentle, fragrance-free moisturizer. Nothing else on the skin.	• Exercise, sweating, saunas, steam rooms and hot showers.
• Use a clean cool compress for 10 minutes at a time for comfort.	• Touching, rubbing or picking.
• Sleep with your head slightly raised on a clean pillowcase.	• Shaving the treated area.
• For body areas, wear loose, soft clothing.	• Pools, hot tubs, lakes and the ocean (for 72 hours).

Days 2 to *7*

- Cleanse gently twice a day with lukewarm water and a gentle cleanser. Pat dry.
- Moisturize with a gentle, fragrance-free product as often as needed.
- Protect with mineral broad-spectrum SPF 30 or higher every day and avoid direct sun and tanning for 2 weeks.
- Makeup is okay after 24 hours if the skin is not broken.
- Pause retinol, tretinoin, acids, vitamin C and exfoliants for 5 to 7 days, or until fully healed.
- **Let flaking shed on its own.** Picking can cause marks or dark spots.
- Wait 2 weeks before other treatments on the area unless your provider has planned them.

Good to *know*

- **Cold sore history?** If an antiviral was prescribed, take it exactly as directed.
- For discomfort, Tylenol may be used if it is appropriate for you.

When to *call us*

Some redness and swelling right after treatment are normal. Please call DermaGlow at 703-288-3000 if you notice:

- Redness, swelling, warmth or pain that gets worse after 48 hours
- Pus, honey-colored crusting or a bad smell
- Blisters, open sores or a cold sore outbreak
- Fever or feeling unwell
- New dark or light patches, or marks that are not fading

Call 911 or go to the nearest emergency room right away for trouble breathing, or swelling of the lips, tongue or throat.

Your provider may also share instructions specific to your treatment. If so, please follow those along with this guide. Questions? Call DermaGlow at 703-288-3000.