# Morpheus8 *Pre-Care*

*Getting ready for RF microneedling*

A little preparation helps Morpheus8 go smoothly and reduces bruising and irritation.

## Your *countdown*

| When | What to do |
|---|---|
| **2 weeks before** | Avoid sun, tanning beds and self-tanner. No waxing, peels or depilatory creams on the area. |
| **7 days before** | If it is okay for you, pause ibuprofen, aspirin, fish oil and vitamin E to reduce bruising. Tylenol is fine. |
| **3 to 5 days before** | Pause retinol, tretinoin, acids, benzoyl peroxide and scrubs on the area. |
| **24 to 48 hours before** | Skip alcohol. Drink plenty of water and keep skin moisturized. |

## On the *day*

- **Arrive with clean skin.** No makeup, lotion, perfume or self-tanner on the area.
- Numbing cream is applied first, so please plan extra time.
- If you shave the area, shave the night before, not the day of.
- If you have ever had cold sores, tell us before your visit. An antiviral may be prescribed. Take it exactly as directed.

## Please call us *first*

Call DermaGlow at 703-288-3000 before your visit if any of these apply. We may adjust your plan or find a better date:

- You are pregnant, trying to become pregnant or breastfeeding
- You have a cold sore, rash, breakout, cut or infection in the treatment area
- You feel sick, have a fever or have started a new medication or antibiotic
- You have a pacemaker, defibrillator or other electronic implant, or metal implants in the area
- You have used Accutane (isotretinoin) in the past 6 months
- You are sunburned

**Never stop a prescribed medication, including daily aspirin or blood thinners, without approval from the doctor who prescribed it.**

Your provider will review your health history before treatment and may share instructions specific to you. If so, please follow those along with this guide. Questions? Call DermaGlow at 703-288-3000.