



## **EMBRACE / MORPHEUS8 Pretreatment Instructions**

1. Please arrive to our facility 60 minutes prior to your scheduled time for numbing and/or medications (Embrace). Please be advised, running late may result in less than optimal treatment time or inadequate time to numb.
2. You will need a driver if you plan on taking oral medication prior to Embrace.
3. If you have a history of Herpes Simplex (cold sores), please inform the staff prior to your treatment for a prophylactic anti-viral prescription to be called in.
4. Please arrive prior to procedure with NO makeup, creams, or oil on the treatment area. Also, have your hair tied back if possible and remove all jewelry or piercings.
5. Please STOP the following cosmetic products 2-3 days before treatment. Retin-A/ Tretinoin / Benzoyl Peroxide / Glycolic Acid / Salicylic Acid.
6. Anticoagulants should be stopped 7 days before treatment if medically permitted. This includes Ibuprofen, Motrin, Advil, Aleve, Aspirin and Fish Oil. Notify your provider if you are on any type of prescription anti-coagulant therapy (Coumadin, Xarelto).
7. If you have a warmer skin tone, tan easily or rarely sunburn we **STRONGLY** advise to begin a bi-daily (2x/day) topical application of an over-the-counter steroid (such as **hydrocortisone 1%**). **Begin to apply hydrocortisone to the treatment area 1-2 days prior to the day of treatment and continue bi-daily application 1-2 days post treatment (after initial healing period of 24 hours). Do NOT apply any longer than 7 days in a row.**
8. Please turn off cellular devices prior to entering the treatment room.
9. We recommend eating a small meal prior to your procedure.

If you have any questions or concerns, please call our office at 215-862-6100 or during off hours, call Dr. Espinoza's cell at 908-303-5694. You can also email us at [team@lachelemedspa.com](mailto:team@lachelemedspa.com).