

# lachelé

A E S T H E T I C S & W E L L N E S S

## EMBRACE with Morpheus8 Pre Treatment Instructions

- Please arrive to our facility at your scheduled time for numbing and/or medications. Please be advised, running late may result in less-than-optimal treatment time or inadequate time to numb.
- You will need a driver if you plan on taking oral medication prior.
- 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.
- Please arrive the day of your 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.
- Please STOP the following cosmetic products 2-3 days before treatment: Retin-A/ Tretinoin / Benzoyl Peroxide / Glycolic Acid / Salicylic Acid.
- 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).
- 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. For light skin patients with no history of melasma or PIH: You do not need pre treatment and can use the day after if you have some redness or irritation.**  
**\*\*Sometimes for a few days post procedure, the neck can be itchy or irritated, and in those recommendations, we recommend using in twice daily, for no longer than 7 days.**

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- Hydroquinone is great for patients with slightly darker skin, olive skin or skin prone to hyperpigmentation/melasma. We recommend starting it 1-2 weeks prior to Morpheus treatments and continuing for 2 weeks after treatment. If you are very fair skinned, then this step is not necessary.
- Please turn off cellular devices prior to entering the treatment room.
- We recommend eating a small meal prior to your procedure.
- With Embrace we place topical numbing agent when you arrive and leave on for about 30-40 minutes (mainly for the Morpheus portion of the treatment). We then use a local infusion of lidocaine into the neck region (which is what leads to the downtime as lots of fluid that will need to be absorbed over the following week— but necessary for the safety of the laser) . The local infusion makes the Facetite part of the laser painless. When Dr. Espinoza completes the Facetite portion of the neck, then the laser technician will run the Morpheus from the clavicle to the top of the face. Sometimes the upper lip can be tender, so we have nitrous oxide on standby in case you would like it. Nitrous is great in that it is out of your system in 2 minutes.

If you have any questions or concerns, please call our offices at 855) 522-4353 and follow the prompt for your desired location. During off hours, call Dr. Espinoza's cell at (908) 303-5694. You can also email us at [team@lachele.com](mailto:team@lachele.com)

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## EMBRACE Post Treatment Instructions

- Treatment areas will have Dressings and/or a pressure garment to be removed in 72 hours. Wear the garment for 12 hours in the evening and while sleeping for the next 3 weeks.
- Wound care: Let soapy water wash over the incision sites (do not scrub) then apply antibiotic ointment to the incision points twice daily for one week while the skin is healing after initially removing the pressure garment. Tiny scabs may appear during the healing process. Please do not pick at the scabs.
- Cleanse the treated areas gently with mild soap such as Cetaphil or Cerave and water after 48 hours. Avoid drying or irritating facial products including Retinol and acids (Salicylic, Glycolic, etc.) for 3 weeks after the procedure. Do not rub or irritate the area.
- Although these effects are rare and temporary, redness and swelling may last up to 3 weeks and are a part of a normal reaction to the treatment. Bruises occur in some people and last 1 to 2 weeks and are a normal reaction to the treatment. Some patients report a burning sensation, tingling or a tightening sensation in the treatment area for up to 3 months.
- Limit physical activity and exposure to excessive heat (including fires) and UV light for 2 weeks.
- For facial and neck procedures: Sleep on several pillows or in a recliner to keep your head elevated for at least two to three days to help minimize swelling. Minimize talking and chewing for 48 hours.
- Make-up may be applied as soon as 72 hours after the procedure to cover any redness or bruising. Avoid the incision points that may still be healing.

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- Facial shaving should only be done with an electric razor for the first week.
- Burns and changes in pigmentation are rare although may occur. If you notice small white bumps, they may take a few weeks to resolve.
- Only take prescribed pain medication or Tylenol for pain relief (not both) after your procedure, unless instructed otherwise. Other pain relievers such as Aspirin or NSAIDs (i.e. Advil, Motrin, Ibuprofen, Naproxen, Aleve, etc.) can thin the blood and cause bleeding or bruising. The only exception to this rule is if your primary care doctor has prescribed you to take a daily Aspirin, NSAID, or other blood thinner.
- Do NOT drink alcohol for several days as instructed by the doctor after this procedure. Drinking alcohol can negatively affect healing and can cause thinning of the blood, bleeding, crusting and/or bruising.
- Remember, although the skin has initially healed, it takes 3-6 months before any changes in skin tightening can be perceived AND twelve months before final results in skin tightening can be appreciated.
- If you experience any questions or experience fever, chills, drainage, discharge, or extreme discomfort, please contact the office.
- Since the downtime is related to the speed in removing the fluid (placed for numbing) – a massage is very important in the following days post-procedure! We recommend a lymphatic massage of the neck and lower face with taking some form of lotion or soapy hands in the shower and massage from medial face and neck outward towards the ears and down the lateral neck. 10 gentle strokes a day is Wonderful. This will help speed the drainage of the fluid and any swelling. For the upper chin hole, where insertion of the laser is- we ask that you massage that area which may feel firm starting 2-3 days post procedure, not directly over the insertion point but a few cm below it. It should be done gently and twice a day for 2 weeks if possible.

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