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

SYLFIRMX Post treatment Instructions

- The treated area should be gently cleansed twice daily with a mild cleanser and water.
- DO NOT apply occlusive creams (Aquaphor, Vaseline, Neosporin, etc.) to the treatment area.
- Avoid hot baths, massage, irritating skin products or exfoliants.
- Use a gentle cleanser and gentle moisturizer.
- Do not apply make-up for 3 days after the treatment
- Avoid alcohol-based toners 10-14 days.
- You may return to your regular skin care regimen, including Retin-A products and exfoliants when your skin feels like it has returned back to baseline.
- If you possess warmer skin tone, we also recommend a twice daily (AM & PM) application of Hydroquinone pre AND post Morheus8 treatment. Use of hydroquinone is for 3-6 months only, do NOT use longer than prescribed time.
- No sunscreen for 3 days. Avoid direct sun exposure.
- Avoid swimming or using hot tubs until the treatment area heals

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AESTHETICS & WELLNESS

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What to expect in the next week:

- Swelling/Pain/Bleeding – Inflammation, discomfort, irritation, patchy skin redness, and pinpoint bleeding are the most common side effects of this treatment. Following proper post care will help alleviate discomfort.
- Bruising or Blistering – Bruising can be a part of the healing process. Blister occurs occasionally and needs to be reported to the office for additional post care instructions. Do not pop blisters.
- Itching/Irritation/Burning sensation – These are less common side effects, and typically subside in the first few days following treatment. Your skin may be re-aggravated with exposure to heat or sweating.
- Crusting/Scabbing - Mild crusting may be noted 1-14 days following the treatment. DO NOT shave, touch or pick the area (even if it is itchy). They should be allowed to shed naturally.

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- Pigment Changes – The treated areas will most likely heal without any pigment changes, however, there is always a chance that hyperpigmentation (darker) or hypopigmentation (lighter) areas may occur. Skin redness and changes in skin vascularity are rare, but possible. These are typically temporary and will fade within 1-6 months. Avoid sun exposure before and after treatment as sun exposure may intensify the pigment changes. It is rare that a change is permanent.
- Infection – This is rare, following treatment, if post care instructions are followed properly.
- Scarring – There is a very small chance of skin scarring because of the heat delivered to the skin. Scarring is very rare typically and can be avoided by following all the post treatment instructions carefully. The types of possible scars include raised scars or slightly depressed scars.

If you have any questions or concerns, please call our New Hope (215) 862-6100, Newtown (267) 753-7676, Upper Dublin (215) 515-1770 or Ellis Preserve (215) 714-7104 office. During off hours, call Dr. Espinoza's cell at (908) 303-5694. You can also email us at team@lachele.com