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AESTHETICS & WELLNESS

Morpheus8/Sylfirm X Pre Treatment Instructions

- Please arrive to our facility 60 minutes prior to 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 to treatment.
- 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 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.
- 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.
- Please turn off cellular devices prior to entering the treatment room.
- We recommend eating a small meal prior to your procedure.

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

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- 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.
- 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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What to expect in the next week:

- Swelling/Pain/Bleeding – Inflammation, swelling, 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 - Mild crusting may be noted 1-14 days following the treatment. DO NOT shave or pick the area.
- 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.

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