# **Gazenko Surgical & Cosmetics Center**

# 1010 W Main Street • Clarksville, AR 72830

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**Morpheus8 Post-Treatment Instructions**

These guidelines help reduce risk of post-treatment complications and improve your results.

It is normal to have redness and swelling immediately following treatment that will resolve over the next 2-3 days. You will notice that the treated areas will develop microlesions that will last for 3-7 days. These areas will have a rough feeling when touched and develop at the needle puncture sites.

For the next **2 days DO** apply moisturizer to the areas. We recommend Aquaphor or other Vaseline based moisturizer. **Avoid** use of make up and sunblock along with any other topical products. Avoid direct sun exposure while unable to wear sunblock. You may continue to apply Aquaphor as long as skin feels dry. After 2 days you may wear makeup and we do recommend daily sunblock. A physical or mechanical sunblock is preferred for the first week, this is a sunblock that contains minerals titanium dioxide and zinc oxide. Chemical sunblock may irritate the skin during this time.

For the next **7 days** **DO** be very gentle with you skin and avoid exfoliating, scratching, or picking at treated areas. Do not pick at or scrape at the microlesions. Trying to remove these can lead to scarring and an undesirable result. Let them fall off naturally. Use a gentle soap during bathing.

For the next **3 weeks** **DO USE** sunblock (minimum SPF 30) in treatment area. You should also use sunblock the weeks prior to the next treatment. Sunblock not only reduces risk of skin cancer but also reduces wrinkles and slows the aging process.

The number of treatments needed varies from 1-3 treatment sessions every 3-6 weeks. Please call us before your next appointment if your skin has not fully recovered.

Prior to your next appointment please shave area within 24 hours. Ensure the treatment area is clean and free of any topical substances such as make up, moisturizers, or deodorant. Avoid any irritating topical agents for 3 days prior to treatment. Avoid blood thinning medications (if medically permitted) for 7 days prior to treatment.

\*\*\*Next appointment scheduled for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_@ \_\_\_\_\_\_\_\_\_\_\_\*\*\*