



Acacia
Medical Laser Aesthetic Spa

MORPHEUS8: PRE + POST CARE INSTRUCTIONS

BEFORE YOUR PROCEDURE

- 2 weeks: Avoid sun exposure (tans/burns/tanning beds/spray tans)
- 10-14 days: Avoid taking NSAIDS (Aspirin, ibuprofen, etc.), Vitamin E, Fish oil, Ginkgo Biloba, Ginseng, and St. John's Wart to reduce your risk of bruising and swelling.
- 1 week: avoid retinols/tretinoin, glycolic/salicylic acids.
- 1 day before: Avoid consuming alcohol and/or smoking.

DAY OF YOUR PROCEDURE

- Do not apply creams or lotions to the area being treated.
- We will have you wash your face when you arrive at the practice.
- You will numb for 45 minutes prior to procedure.

PROCEDURE

- Your procedure will last approximately 45 minutes to 1 hour depending on the areas treated.
- You are welcome to bring entertainment: phone, music player, tablet, and/or earphones to listen to during the procedure.
- As this procedure is performed with topical anesthesia, you may drive to and from our center.
- Once the treatment is complete, we will apply a topical stem cells.

AFTER YOUR PROCEDURE

- 2-3 hours (preferably just before bedtime): You may use a gentle cleanser to wash your face.

- 1 day: You may use a gentle cleanser, serums, light moisturizer, sunscreen (SPF 30 or higher), and mineral-based makeup using clean hands/sponges/brushes.

* Apply biogel (stem cells) 2 times a day.

* Apply hyaluronic acid in the morning after your facial wash .

- 2 days: Avoid consuming alcohol and/or smoking 2 days after your procedure.

- 4 days: Avoid taking NSAIDS (Aspirin, ibuprofen, etc.), Vitamin E, Fish oil, Gingko Biloba, Ginseng, and St. John's Wart to reduce your risk of bruising and swelling.

- 1 week: You may start using your regular skin care regimen. Using a retinol product is strongly recommended as it will optimize your results.

- 10 days: Avoid direct sun exposure for 10 days post treatment. NO TANNING BEDS.

NO EXERCISE FOR 48 hours