

Morpheus8 Post Treatment Instructions

Thank you for trusting us with your recent treatment. To ensure the best possible results and a smooth recovery, please follow these essential post-treatment care instructions:

Post-Treatment Care

- Immediately after treatment, most patients will experience erythema (redness) for 1-3 days, however for more aggressive treatments this may last longer. Slight to moderate edema (swelling) and a mild to moderate sunburn sensation are also common post treatment and may last 1-3 days. Skin may crust and peel for 2-7 days depending on treatment settings. This is normal and will resolve over time.
- Treat your skin as open wounds. Wash your hands before touching your face, and keep your skin clean at all times.
- **Your skin has micro-channels to absorb all the products you apply. Avoid fragrance, parabens, citrus based preservatives, acids such as AHA, dye, mineral oil, silicones, and petrolatum on your skin for 48 hours.**
- Apply the recommended post-procedural serum every few hours when your skin feels dry. Apply sterile biocellulose Replenishing Face and Neck sheet masks at night for the best results.
- Wash your face with cool water on the treatment day and with a gentle unscented cleanser starting the day after. Avoid any cleanser with acids, colorings, perfumes, or abrasive crystals.
- Avoid saunas and vigorous exercises for 72 hours.
- Tretinoin (Retin-A) , if prescribed, and Retinol should be avoided for 5 days unless instructed by the provider .
- If you currently use any topicals against skin-discoloration, such as Hydroquinone or Kojic Acid products, please resume it the day after the treatment.
- Avoid sun exposure to reduce the chance of hyperpigmentation for 3 months.
- If going outside after 24-48 hours, apply SPF 30 or higher mineral sunscreen made for post-procedure skin and further protect with hats and sunglasses. Try to avoid ones with colorants or perfumes.
- 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 may 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. Take all antibiotics unless instructed otherwise.
- If you have any questions or experience fever, chills, discharge, or extreme discomfort, please contact the treatment provider at (808) 501-1117.

We hope your recent visit to Aloha Aesthetics has brought positive change to your life. If we've been able to make a difference for you, we want you to know that [you have the power to help us make a difference for even more people!](#)

Your honest feedback not only helps us improve, but it also allows us to reach others who could benefit from the care we provide. By sharing your experience, you're helping us enhance the lives of more patients.

- **Leave a Google Review:** [[Google Review Link](#)]
- **Check in on Yelp:** [[Yelp Check-in Link](#)]

Thank you for trusting us, and for being part of our mission to improve lives through exceptional care.

Warm regards,

Aloha Aesthetics MD

Sincere Service. Remarkable Results.