

## Microneedling/Morpheus8/Fractora Treatment

### Pre-Treatment Instructions:

- Please try to refrain from wearing any makeup to your appointment.
- Avoid active sun exposure and tanning beds for approximately 2 weeks prior to the treatment. Use a broad spectrum SPF 30+ daily.
- Avoid the use of self-tanners on the area being treated for approximately 2 weeks prior to the treatment. ○ Avoid, if possible, non-steroidal anti-inflammatory (NSAIDs) such as Ibuprofen and Aspirin for 1 week prior to treatment to minimize potential bruising and bleeding.
- Prescription anti-coagulants/anti-platelet medications will increase the risk of bruising and bleeding. If cleared by your HCP, avoid 1 week prior to treatment.
- Bruising is always a risk factor with treatments.
- If you have a history of cold sores, begin prophylactic treatment with Valtrex or similar medication no later than 24 hours prior to the treatment.
- Botox and/or facial fillers within 2 weeks prior to your treatment is not recommended.

### Post-Treatment Instructions:

- Avoid makeup for 24 hours, until micro-channels have fully closed.
- Avoid heat and keep the skin cool during the first day of treatment.
- Avoid strenuous exercise for 48 hours post-procedure.
- Direct sun exposure should be avoided for 2 weeks post-procedure.
- Avoid using scrubs or washcloths on your face until it has fully healed and back to normal. ○ You may resume your normal skincare routine (avoiding scrubs) 3-5 days post-procedure. ○ Side Effects:
  - Skin will appear red with pinpoint bleeding/scabbing for approximately 48 hours.
  - Skin will appear dry/rough for 5-7 days post-procedure as micro-channels heal.
  - Swelling, especially under the eyes is a common side effect post procedure and can last 3-5 days. ▪ Cold compresses and/or ice and antihistamines (Benadryl) is NOT recommended, we do not want to interrupt the inflammation process which will stimulate collagen and elastin.
    - Sleeping with your head slightly elevated, drinking plenty of fluids and avoiding salty foods is recommended.
    - Do not take NSAID's (Ibuprofen, Aspirin) 48 hours post-treatment. You may take Tylenol.

### After Care Regimen:

Patient should adhere to the following regimen for optimal post care:

- Cleanse: Use a gentle cleanser morning and night. Do not scrub and/or use a washcloth until skin has fully healed. Gently pat skin dry after cleansing.
- Treat: Use Pro-Heal Serum morning and night after cleansing for the next 3 days. Use the dropper and apply about 5 drops directly onto skin and pat to spread.
- Moisturize: Allow 1 minute for serum to dry onto skin. Then apply the shield recovery balm onto skin morning and night. You may apply this throughout the day if you find that your skin feels dry and/or itchy. ○ Protect: Apply a broad spectrum UVA/UVB sunscreen SPF 30+ every morning and throughout the day. Avoid direct sunlight for at least one week 2 weeks.

\* After hours or on the weekend please email [info@seamistmedspa.com](mailto:info@seamistmedspa.com) with EMERGENCY DR. SIMPSON