



## Morpheus8 Aftercare

RF + microneedling magic activated. Protect your investment. ⚡

### ✓ DO:

- Cleanse gently with mild cleanser after 6–8 hours 🧼
- Apply soothing moisturizer + hyaluronic acid 💧
- SPF 50+ every single day — non-negotiable \*
- Keep skin cool — avoid all heat sources for 72 hours 🌡️
- Use clean pillowcases and avoid touching treated area 🛌

### 🚫 AVOID for 5-7 Days:

- Makeup 💄 for at least 24–48 hours
- Retinol, vitamin C, AHAs, BHAs, or ALL active skincare
- Sun ☀️, tanning, saunas 🧖, hot showers, hot yoga
- Strenuous exercise 🏃 or anything causing sweating
- Pools 🏊, steam rooms, or hot tubs
- Picking or peeling ANY flaking skin 🤏



### If You Added PRP or PRF:

- 🚫 Do not wash face for at least 8 hours
- Avoid all actives for 48–72 hrs — let it fully integrate ✨
- Enhanced collagen stimulation = faster, better results ✨
- Redness may last slightly longer — 3–5 days is normal

### ⚡ How Morpheus8 Works:

- ⬆️ Microneedles penetrate deep into the dermis
- ⚡ Radiofrequency energy heats tissue from within
- 🔥 Heat stimulates collagen and remodels fat tissue
- ✨ Results continue improving for up to 6 months!

### ⌚ What to Expect:

- Redness, swelling & grid-like pin marks for 1–3 days 🌡️
- Skin may feel rough or bronzed days 3–7 as it resurfaces
- Results build progressively over 3–6 months ✨
- 📅 Optimal results: 3 treatments spaced 4–6 weeks apart

### ⚡ Maximize Your Results:

- 💧 Drink 8+ glasses of water daily
- \* SPF 50+ every day — this is your #1 priority after Morpheus8
- 😴 Sleep on a clean pillowcase for the first week
- 📅 Book follow-up sessions 4–6 weeks apart for best results

### ⚠️ Call Us If You Notice:

- Signs of infection (increasing redness, warmth, discharge, or fever)



**The gold standard:** Morpheus8 combines two powerful technologies — microneedling and radiofrequency — to remodel skin at a deeper level than either alone. Tighter skin, reduced fine lines, improved texture, and contouring effects that no topical product can match.

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Questions? We're always here for you 💕

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