



Morpheus8 Post-Treatment Care

What to Expect After Treatment:

- **Redness and mild swelling are common** and may last 1–3 days.
- Pinpoint scabbing or small grid-like marks may appear—do not pick or scrub.
- Mild tenderness or tightness may last for several days. Skin may feel dry or rough during the healing phase.
- Slight bruising can occur, especially in delicate areas (e.g., under the eyes or neck).
- Cooling skin: Use of a **cold compress** such as gel pad (20 min on/20 min off) will help or air cooling like a fan but **no ice**.

Post-Treatment Care Instructions

First 24 – 48 Hours

- **Do not touch or apply products** to the treated area unless directed. **Avoid makeup, sunscreen, or any skincare products** for 24 hours.
- Gently **cleanse with lukewarm water** and pat dry—no rubbing or exfoliating.
- Apply a **soothing, non-comedogenic moisturizer or post-care product** recommended (e.g., Alastin, Aquaphor, Cicalfate).
- Wash your pillowcase daily if you sleep with an animal.

Days 3–7

- **Resume gentle skincare**, avoiding activities like retinoids, acids, or vitamin C.
- Moisturize regularly to support healing. Avoid **heavy sweating, steam, or saunas**.
- Use a **broad-spectrum SPF 30+ daily** (usually after 48–72 hours).
- No exfoliation, scrubs, or chemical peels until cleared by your provider.

Healing Timeline

Time Frame

What to Expect

Day 1–3	Redness, mild swelling, sensitivity, possible scabbing
Day 3–7	Texture may feel dry or sandpapery; some flaking possible
Week 2+	Skin looks smoother, firmer; ongoing collagen remodeling begins
1–3 months	Full results appear gradually as collagen continues to rebuild

When to Contact Us

Call us if you experience:

- Signs of infection (pus, excessive redness, warmth, or pain)
- Blistering or severe swelling
- Persistent numbness or tingling beyond 48 hours
- Unusual discoloration or pigmentation changes

Frequently Asked Questions (FAQ)

Q: How long will the redness last?

A: Redness usually lasts 1–3 days. Some patients with sensitive skin may experience redness for up to 5 days.

Q: When can I wear makeup again?

A: You may apply makeup after 24–48 hours, once the skin has begun to heal and any pinpoint scabs have shed or healed.

Q: Can I go back to work?

A: Yes, most patients return to work within 1–2 days, depending on downtime tolerance and visible effects like redness or swelling.

Q: Is it normal for my skin to feel rough or bumpy?

A: Yes. Mild texture changes, dryness, and a sandpaper-like feel are part of the normal healing process.

Q: When will I see results?

A: Some improvements can be seen in as little as 1–2 weeks, but full collagen remodeling occurs over 6–12 weeks.

Q: How many treatments will I need?

A: Most patients benefit from a series of 3 treatments, spaced 4–6 weeks apart. We will recommend a personalized plan based on your skin goals.

Q: Can I exercise after treatment?

A: Avoid intense workouts, sweating, or heat exposure for 48–72 hours to reduce inflammation and irritation risk.