



Acne and Acne Scar Treatment Instructions

Pre-Treatment Instructions:

- If you have a history of Herpes Simplex outbreaks you should take your prescribed anti-HSV viral prophylaxis prior to treatment as directed by your primary care physician.
- Stop anticoagulants 7-10 days prior to treatment, if medically permitted.
- Avoid any type of intentional tanning for 3-4 weeks prior to treatment, or use at least 30 SPF sun block.

Post-Treatment Instructions:

- Tiny scabs may appear after 1-3 days and stay for several days following the treatment. The scabs should not be touched or scratched even if they itch and should be allowed to flake off naturally.
- Blisters may appear and can be prevented/treated with an antibiotic ointment or burn treatment cream.
- Apply healing ointment or antibiotic ointment, immediately post treatment for 1-3 days.
- During the first two days following treatment the treatment area should be kept clean to avoid contamination or infection; any mechanical or thermal damage to the area must be avoided.
- Moisturizer may be applied 24-72 hours after each treatment and then should be applied regularly throughout the course of the treatment. Make-up may be applied only 24-72 hours after each treatment session (Once needle holes close). Generally, 24 hours after treatment, patients may use regular soaps, but not scrub soaps or exfoliates.
- You should use a high-factor sunscreen (at least 30 SPF) and protect the treated area from over-exposure to sunlight for at least one month after the treatment, starting 24-72 hours post treatment. Excessive tanning of any sort (sun exposure, tanning beds, and artificial tanning lotions) is not allowed in the treated areas during the entire course of the treatment.
- For Asian patients and skin types IV and V, a bleaching regimen may be recommended for 6-12 weeks, 2-3 times a week following the healing of treatment area (typically 7 days) to minimize risk of post inflammatory hyper-pigmentation. It should be stopped 48-72 hours before another Morpheus8 session.
- Please contact our office if you have any concerns or develop any complications related to the procedure. If you are experiencing a significant amount of pain or are unable to reach our office we advise you to report to your nearest emergency room.
- For optimal results, you should follow up as directed by your practitioner.