

### Morpheus 8

Inmode's Morpheus8 is a microneedling device that utilizes Radiofrequency energy to tighten, contour and resurface the skin with minimal downtime. Radiofrequency (RF) energy is a scientifically proven method to remodel and rebuild collagen. Morpheus8 harnesses this energy and is minimally invasive, using a matrix of micro pens to renew the deeper layers of the skin. By targeting the deeper layers of the skin, tissues of the face and body can be remodeled to reveal a more radiant youthful appearance.

Skin tightening may not be fully apparent for 3 months after this procedure, tissue tightening varies from individual to individual and results are age dependent. The treatment is customized according to each unique skin condition, desired outcome, and expectation of downtime. The degree of redness and length of healing time will increase with the settings and number of passes. This treatment may not completely improve or prevent future conditions or aging. There are many variables which influence the long-term result. Additional procedures may be necessary to further enhance results or treat unforeseen complications. There is no guarantee on the results that may be obtained.

- Slight redness, sensitivity, warmth, and a dry/tight feeling to the skin can be present for up to a week (but typically only about 3-5 days). Bumpy micro lesions ("track marks") may be visible for a few days. Although these effects are rare and temporary, redness and swelling may last up to 3 weeks.
- Some patients report a sunburn like sensation (burning, tingling, tightening) in the treatment area for 1-2 weeks.
- Bruises occur in some people, especially around bony areas such as the eyes, and can last 1-2 weeks. This is a normal reaction to the treatment and impossible to prevent or predict.
- There is a possibility of rare side effects such as burns, scarring, delayed healing times, discoloration, and nerve branch injury or hyperactivity, with temporary numbness/tingling. Herpes simplex virus infections can occur, with or without a history of cold sores. Please contact the office immediately if any infection occurs.
- Post treatment discomfort may be relieved by oral pain relievers (Tylenol or Ibuprofen). A cold compress can be used to provide comfort and decrease swelling, typically only needed the first 12-24 hours after the treatment.
- Itching or irritation may be relieved by oral antihistamines (Zyrtec, Allegra, Pepcid, or Benadryl) and vinegar rinses, which are also antibacterial and soothing.
  - 2 tsp white distilled vinegar + 1 cup water. Stored in refrigerator.
  - Rinse, soak or spritz treatment area multiple times a day (can't over do it!).

### Site Care

- **\*\*\*CLEANSER:** Cleanse the skin twice daily with plain, lukewarm water, and a gentle cleanser, beginning the morning after the treatment. Dry the skin using gentle patting motions with a soft, clean towel.
- **\*\*\*MEDICAL BARRIER CREAM:** Apply this moisturizer twice per day with clean hands. Reapply as needed.
- Make-up and sunscreen may be applied as soon as 72 hours post procedure, or when irritation subsides.
- Avoid drying or irritating facial products including retinol and acids (Salicylic, Glycolic, etc.) for 3 weeks after the procedure.

- Local infections may occur presenting as red-splotches, breakouts, or white bumps. The skin is very vulnerable and prone to infection during the healing process with this baby new skin. Measures to prevent this include:
  - Keep the skin very clean at all times. Avoid touching your face unless you wash your hands first!
  - Petrolatum based products (Aquaphor) can cause breakouts for some if used for extended periods of time, especially with oily/acne prone skin. Stop using these products as soon as the peeling phase is complete.
  - Vinegar soaks: Rinse, soak or spritz treatment area multiple times a day (can't over do it!).
    - 2 tsp white distilled vinegar + 1 cup water. Stored in refrigerator.
  - Expired/old makeup carries all kinds of bacteria – mineral/powder-based makeup is the safest to start with post treatment. If possible, we recommend purchasing new makeup/brushes for this time to be safe.

*\*\*\* Please send photos if this occurs so we can monitor. If it persists, we may opt to prescribe an antibiotic.*

**If you have any questions or experience possible signs of infection or extreme discomfort, please contact:**

**Grayson Barr, RN**

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**Appointments:** (804) 484-3739

**Email:** FacialPlastics@VirginiaENT.com

*Each treatment in a series is recommended 6-12 weeks apart.*

*A follow up appointment is encouraged 3-6 months after the last treatment session.*