

Morpheus8 Pre + Post Care Guide

Nervana Medical Patient Guide

Morpheus8 combines microneedling with radiofrequency energy to improve skin tightening, texture, pigmentation, acne scarring, and overall skin quality. Proper preparation and aftercare significantly impact your results, healing time, and comfort.

Before Your Treatment

Skin Preparation

- Arrive with clean skin no lotion, makeup, perfume, powder, oils, or deodorant on the treatment area.
 - Avoid waxing, chemical peels, lasers, or other potentially irritating treatments for **1–2 weeks prior**.
 - Avoid sun exposure, tanning beds, spray tans, or self-tanners for **at least 2 weeks before treatment**.
 - Excess hair in treatment areas may need shaving the night prior (men should be cleanly shaved).
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Medication & Supplement Precautions

Unless prescribed by your physician (never stop prescribed medications without guidance):

Avoid about 1 week prior:

- Aspirin, ibuprofen, Excedrin, Motrin
- Fish oil, flax oil, cod liver oil
- Vitamin A and Vitamin E
- Herbal supplements such as ginkgo or ginseng
- Other essential fatty acids

Reduce caffeine and avoid alcohol for several days before treatment when possible.

If pain relief is needed prior to treatment, acetaminophen (Tylenol) is usually preferred.

Medical Considerations

Please notify us if you have:

- Changes in medications or health history
 - Active infections, rashes, or skin irritation
 - History of cold sores/herpes (antiviral prophylaxis may be recommended)
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Best Skin Care Prep (Recommended)

Optimizing your skin before treatment helps reduce inflammation and pigmentation risk:

- Use gentle cleansers and barrier-supportive moisturizers.
- Daily sunscreen (SPF 30–50 minimum).
- Consider pigment suppressors if you have melasma or PIH history.
- Avoid starting new active products right before treatment.

Your esthetician or provider can personalize this.

After Your Treatment

Normal Post-Treatment Effects

Common and expected:

- Redness for 1–3 days (longer with aggressive settings)
- Mild to moderate swelling
- Sunburn-like sensation
- Possible peeling or crusting for 2–7 days depending on treatment depth

These are signs of the skin remodeling process.

First 24–48 Hours

- Avoid makeup and sunscreen initially (follow provider guidance).
- Cleanse gently with lukewarm water.

- Avoid heat, sweating, saunas, hot tubs, or strenuous exercise for 24 hours.
 - Treat the skin gently — no scrubbing or friction.
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Ongoing Post-Care

- Resume zinc-based SPF 30+ once cleared (tinted/iron oxide recommended if prone to pigmentation).
- Avoid active ingredients (retinoids, acids, exfoliants) for about 2 weeks unless directed otherwise.
- Avoid sun exposure, tanning beds, spray tans, or tanning drops for 2 weeks.

Hydration and gentle barrier repair products are strongly recommended.

Contraindications (When to Delay Treatment)

Morpheus8 should generally be postponed if you have:

- Pregnancy or breastfeeding
- Active infection, rash, or open wounds
- Active acne cysts or cold sores in treatment area
- Recent significant sunburn or tanning
- Uncontrolled autoimmune conditions affecting healing
- Recent isotretinoin use (timing should be evaluated)
- Implanted electronic devices or metal in treatment area (case-dependent)

Always discuss full medical history with your provider.

Expected Treatment Timeline

Multiple treatments are usually recommended:

- Typically once monthly for 3–4 sessions
- Noticeable improvements often appear around month 3
- Collagen remodeling continues for several months

Results improve gradually over time.

Frequently Asked Questions (FAQs)

Does Morpheus8 hurt?

Most patients tolerate it well with topical numbing, though sensation varies based on treatment depth. We also offer dental blocks, nitrous, mesocaine and a prescription for Journavx.

How much downtime should I expect?

Usually minimal, redness for a few days, occasional peeling depending on treatment intensity.

When can I wear makeup again?

Typically 24–48 hours, but follow your provider’s recommendation.

Can Morpheus8 worsen pigmentation?

It can if sun protection and proper prep aren’t followed, especially in melasma-prone patients — prevention is key.

When will I see results?

Early improvements may appear within weeks, with continued tightening and collagen remodeling over 3–6 months.

Can I combine Morpheus8 with other treatments?

Often yes, but timing matters, your provider will create a safe treatment plan.

Final Thoughts from Nervana Medical

Morpheus8 is a powerful skin rejuvenation treatment, but preparation, aftercare, and personalized planning are just as important as the procedure itself. Our goal is always safe, natural-looking results while supporting your skin's long-term health.

If you have questions before or after treatment, we are always here to help guide you.