



MORPHEUS8

Face · Body

Your Consultation Guide

NERVANA MEDICAL

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WELCOME

Thank you for considering Morpheus8 at Nervana Medical. This guide is yours to take home and review at your own pace. It covers what Morpheus8 is, what to expect on treatment day, how to prepare, how to care for your skin afterward, and answers to the questions we hear most often.

If anything is unclear or you think of new questions after your consultation, please reach out. We want you fully informed, comfortable, and confident before booking your first session.

What is Morpheus8?

Morpheus8 is an advanced, FDA-cleared treatment that combines microneedling with fractional radiofrequency (RF) energy to revitalize and remodel the skin from the inside out. Tiny needles deliver targeted RF energy into the deeper layers of the skin and the underlying tissue, triggering your body's natural production of new collagen and elastin.

The result is firmer, smoother, more even-toned skin and, uniquely among non-surgical treatments, the ability to gently sculpt and refine the soft tissue underneath. It is the only treatment that can remodel fat beneath the skin to contour areas naturally, without surgery.

What Morpheus8 Improves

- Fine lines and wrinkles
- Skin laxity (loose or sagging skin) on the face, neck, jawline, and body
- Acne scars and other scars, including stretch marks
- Uneven skin texture and tone, hyperpigmentation
- Soft-tissue contouring (submental fullness, jowls, body areas, cellulite)
- Overall skin quality and radiance

Typical Treatment Areas

Face, neck, jawline, décolletage, chest, abdomen, arms, thighs, booty, knees, and post-surgical scarring or stretch marks. Your provider will recommend the right combination for your goals.

Why Morpheus8 is different

Because Morpheus8 uses radiofrequency rather than light, it is safe for all skin tones, including darker complexions, with appropriate prep. Treatments are customizable in depth and energy, so your provider can tailor each pass to your skin and goals.

WHAT TO EXPECT

At Your Consultation

We'll review your medical history, your skin concerns, and your aesthetic goals together. Your provider will examine the treatment area, talk through realistic outcomes, recommend the right number of sessions, and answer every question you have. There is no pressure to book the same day take this packet home and decide when you're ready.

On Treatment Day

- Plan to arrive about 30 minutes early so we can apply pharmaceutical-grade topical numbing (please notify your provider if you have any allergies to any "caines" - i.e. lidocaine, tetracaine, etc.)
- Come with clean skin: no makeup, lotion, perfume, deodorant, or self-tanner on the area.
- If you were prescribed Journavx or Valtrex pre-treatment, take it as directed. If you were prescribed HQ to decrease your risk of PIH (based off of your fitz score *so ensure your intake paperwork is filled out correctly!) compliance with this is very IMPORTANT- please let us know if you have not been compliant with this treatment so that your appointment can be pushed back.
- The treatment itself typically takes 30–60 minutes, depending on the area.
- Comfort options available: Pro-Nox (laughing gas), nerve blocks, or oral Journavx; your provider will recommend what suits you.

Right After Your Treatment

- Your skin will look pink, warm, and feel similar to a sunburn. This is expected and is part of the remodeling process.
- You may notice mild swelling and tiny pinpoint dots from the microneedles — these fade within 24–72 hours.
- You'll leave with detailed aftercare instructions and any prescribed post-treatment products.

The Healing & Results Timeline

- **Days 1–3** — Days 1–3: Redness, swelling, possible tiny scabs. Skin feels tight.
- **Days 3–7** — Days 3–7: Skin smooths out, may have light peeling. Most patients return to normal activity within 24–48 hours.
- **Weeks 2–4** — Weeks 2–4: Initial improvements in texture and tone become visible.
- **Months 3–6** — Months 3–6: Peak results. Collagen and elastin continue to remodel, lifting and firming the skin progressively.
- **1–2 years** — 1–2 years: Results typically last 1–2 years. Annual maintenance recommended.

How Many Treatments?

Most patients achieve optimal results with a series of 3–4 treatments, spaced about 4–6 weeks apart. Some areas, deeper scarring, or significant laxity may need additional sessions. Your provider will create a customized plan at your consultation.

A note on healing support

We highly recommend adding PDGF (platelet-derived growth factor) after your Morpheus8 treatment. It accelerates healing and amplifies collagen production — patients who add PDGF consistently see faster recovery and better results.

BEFORE YOUR TREATMENT

Proper preparation directly impacts your comfort, healing time, and final results. Please follow these instructions carefully in the days leading up to your appointment.

2 Weeks Before

- No sun exposure, tanning beds, spray tans, self-tanners, or tanning drops on the treatment area.
- Avoid waxing, chemical peels, lasers, or other irritating treatments.
- If prescribed, start your pigment-control regimen (e.g., hydroquinone) -essential for darker skin tones and anyone prone to melasma or post-inflammatory hyperpigmentation.
- Begin Alastin Pre-Procedure Regenerating Skin Nectar 7–14 days prior if recommended.

1 Week Before

Avoid the following unless prescribed by your physician (never stop prescribed medications without guidance):

- Aspirin, ibuprofen, Excedrin, Motrin, and other NSAIDs
- Fish oil, flax oil, cod liver oil, other essential fatty acids
- Vitamin A and Vitamin E supplements
- Herbal supplements: ginkgo, ginseng, garlic supplements
- If you need pain relief during this window, acetaminophen (Tylenol) is preferred.

3 Days Before

- Reduce caffeine; avoid alcohol when possible.
- If you have a history of cold sores or herpes simplex in the treatment area, start your prescribed antiviral.
- Stop active skincare ingredients (retinoids, AHAs, BHAs, benzoyl peroxide, vitamin C if irritating).

The Night Before

- Cleanly shave any treatment areas (men too- face/neck should be cleanly shaved).
- Avoid alcohol.
- Hydrate well and get a good night's sleep.

Day of Treatment

- Arrive with completely clean skin: no makeup, lotion, sunscreen, deodorant, perfume, or hair product on the area.
- Eat a normal meal beforehand- avoid arriving on an empty stomach.
- Wear comfortable clothing; bring a hat and sunglasses for the ride home.
- Take prescribed Journavx 1-1.5 hrs prior to your appointment time

Please tell us if any of the following apply

Pregnancy or breastfeeding · active infection, cold sore, or skin irritation in the area · recent isotretinoin (Accutane) within 6 months · new medications or health changes · pacemaker, defibrillator, or metal/electronic implant · history of poor wound healing or keloid scarring. We may need to delay treatment or adjust the plan.

AFTER YOUR TREATMENT

Aftercare is just as important as the treatment itself. Following these instructions will protect your investment, reduce the risk of pigmentation issues, and give you the best possible result.

What's Normal

- Redness for 1–3 days (longer for more aggressive settings)
- Mild to moderate swelling, particularly the morning after
- A sunburn-like sensation and warmth
- Tiny pinpoint scabs that flake off naturally over 3–7 days
- Possible light peeling depending on treatment depth

First 24 Hours

- If you opted for PDGF, PRP, PRF or exosomes, follow those specific aftercare instructions
- Cleanse only with lukewarm water no soap, no cleanser, no scrubbing.
- Apply your first dose of Alastin Recovery Regimen(HA Quenching Serum or Alastin Nectar one hour after treatment, then 3x daily); Epicutis Regimen, Plated Regimen (or aftercare regimen equivalent-discuss with your provider).
- No makeup, no sunscreen, no actives.
- Avoid heat: no sauna, hot tub, hot shower, hot yoga, intense exercise.
- Do NOT ice. Cool with a fan or AC for comfort.
- Sleep elevated on a clean pillowcase to reduce swelling.
- No touching, scratching, or picking the treatment area.

24–72 Hours

- Gentle cleanser with lukewarm water only.
- Continue skincare aftercare regimen - discuss with your provider.
- Begin mineral SPF 30+ (zinc-based, tinted/iron oxide preferred) every morning and regularly throughout the day.
- Makeup may be applied after 24–48 hours, ideally wait 72 hours.
- Keep avoiding heat, sweat, alcohol, and active skincare.

Days 3–14

- Return to gentle cleanser and your normal moisturizer.
- Continue SPF 30+ liberally throughout the daily- essential for at least 1 month after treatment to avoid increasing your risk for hyperpigmentation; essential lifelong for antiaging prevention and malignancy risk- Speak with your provider/esthetician to determine the best protection for your skin type.
- Restart your pigment-control cream (hydroquinone, etc.) 2–3 nights per week, ideally nightly. Stop 48–72 hours before your next Morpheus8 session. *Do not use for longer than 4 months total. At 4 months, speak with your provider/esthetician for your step down skincare regimen.
- Avoid actives (retinoids, AHA/BHA, benzoyl peroxide, vitamin C) for about 2 weeks (unless otherwise instructed by your provider).
- Avoid waxing, lasers, peels, or aggressive facials in the treatment area.
- No sun exposure, tanning beds, spray tans, or self-tanners for 2 weeks minimum.

Things to Avoid

- NSAIDs (ibuprofen, Motrin, aspirin) for 3 days post as they blunt the healing response we are trying to trigger.
- Alcohol, excess caffeine, high-sodium foods, high-sugar foods for 24–48 hours.
- Massaging, rubbing, or scrubbing the area for at least 24 hours.
- Strenuous exercise for 24–72 hours.

When to call us

Contact Nervana Medical right away for excessive swelling, severe pain, signs of infection (spreading redness, warmth, pus, fever), unusual blistering, or anything that feels wrong. For an emergency, call 911 or go to the nearest Emergency Department.

FREQUENTLY ASKED QUESTIONS

Does Morpheus8 hurt?

Most patients tolerate it very well. We apply pharmaceutical-grade topical numbing before treatment, and offer additional comfort options including Pro-Nox (nitrous oxide / laughing gas), nerve blocks, and oral Journavx. Discomfort varies with treatment depth, but with our comfort menu, the experience is manageable for nearly everyone.

How much downtime should I expect?

Most patients have 1–5 days of visible redness and possible tiny pinpoint scabs, with mild swelling the next morning. Many return to work the day after treatment. Plan for a quiet few days if you can; your skin will look and feel best with rest and good hydration.

When can I wear makeup again?

Typically 24–48 hours after treatment. We prefer you wait 72 hours when possible to let the microchannels close completely.

How many treatments will I need?

Most patients achieve their best results with a series of 3–4 sessions, spaced 4–6 weeks apart. Deeper concerns (acne scars, body laxity) sometimes need additional sessions. We then recommend an annual maintenance treatment to keep collagen production active.

When will I see results?

Early improvements in texture and tone often appear within 2–4 weeks. The full transformation; lifting, tightening, and remodeling, unfolds gradually over 3–6 months as new collagen and elastin develop. Be patient: your skin keeps improving long after the visible redness is gone.

How long do results last?

Most patients enjoy their results for 1–2 years. Annual maintenance treatments help preserve and extend the benefits. Your skin's aging biology and lifestyle (sun protection, skincare, sleep, stress) play a major role in longevity.

Can Morpheus8 worsen pigmentation?

It can, especially in melasma-prone patients or darker skin tones if sun protection and pigment-suppression prep are skipped. This is why we are strict about hydroquinone priming, daily mineral SPF, and avoiding sun and tanning before and after. Done right, Morpheus8 is safe and effective for all skin tones.

Is Morpheus8 safe for darker skin tones?

Yes. Because Morpheus8 uses radiofrequency rather than light energy, it is one of the safer non-surgical options across Fitzpatrick types. For Fitzpatrick IV and higher, we use a tailored protocol with appropriate pre-treatment priming.

Can I combine Morpheus8 with other treatments?

Often, yes; timing matters. Morpheus8 pairs beautifully with Botox, dermal fillers, PRP, Sculptra, and other collagen-stimulating treatments. Your provider will sequence your treatment plan to maximize results without compromising healing.

Is there an ideal time of year to start a series?

Fall and winter are ideal because of reduced sun exposure during the healing window. That said, Morpheus8 can be done year-round with strict daily SPF and sun-avoidance during your series.

When should I NOT have Morpheus8?

Postpone if you are pregnant or breastfeeding, have an active infection or cold sore in the area, have used isotretinoin (Accutane) in the last 6 months, have a pacemaker or electronic implant, have uncontrolled autoimmune disease, or have a recent significant sunburn. Discuss your full medical history with your provider.

Do you offer financing?

Yes. We offer financing through Advanced Care- fast approval and flexible payment plans. We also offer treatment packages (savings versus single sessions) and our membership program. Ask us for current pricing and package options.

INVESTMENT & NEXT STEPS

Pricing Snapshot

Morpheus8 is priced by the size of the area treated. Most patients save significantly by purchasing a series of 3 and 4-session packages are also available at additional savings. Your provider will recommend the right area-size category for your goals at your consult. Please see our online booking site for single and series package pricing. *Add about additional add on's (PRP/PRF/Exosomes/PDGF) for topical application if interested.

Financing

Advanced care financing makes Morpheus8 accessible with low monthly payments and quick approval. Visit our website->payment plans for additional details.

Booking & Membership

Members of our membership program receive ongoing savings on Morpheus8 and other treatments. Ask us about current membership details and which tier fits your goals.

For More Information/ Before and Afters

Please visit our website as we have several blogs about this service as well as before and after photos for viewing-

Ready to book?

Call or text us, book online at nervanamedical.com, or speak with your provider before you leave today. Series scheduling lets us reserve all your treatment slots up front so your skin stays on the optimal 4–6 week interval.

TREATMENT SPECIFIC SCREENING

Please ensure your provider is aware if you have any of the following conditions prior to treatment:

Neuromodulators (Botox / Dysport / Xeomin / Jeuveau)

- Neuromuscular disorders (e.g., myasthenia gravis, ALS)
- Prior adverse reaction to neuromodulators
- Active infection at injection site
- Pregnancy or breastfeeding
- Unrealistic expectations discussed

Hyaluronic Acid Fillers

- Prior filler history (product, location, date)
- History of vascular occlusion or delayed inflammatory reaction
- Active dental infection or recent dental work (<2 weeks)
- Autoimmune disease (risk discussion documented)
- Willingness to accept dissolving if needed
- Understanding of rare but serious risks (i.e.; VO, vision loss)

Biostimulators (Sculptra, Radiesse, etc.)

- Autoimmune or inflammatory disease
- History of granulomas or nodules
- Willingness to wait for gradual results
- Understanding of delayed onset and longevity
- No active infection or inflammation in treatment area

Morpheus8 (RF Microneedling)

- Pacemaker or implanted electronic device
- Metal implants in treatment area
- Active dermatitis, eczema, or open wounds
- History of PIH (risk mitigation discussed)
- Recent filler in treatment area (<2–4 weeks)
- Accutane use within past 6 months
- Ability to comply with post-care and sun avoidance

Medical-Grade Skincare / Chemical Actives

- History of severe contact dermatitis
- Pregnancy or breastfeeding (retinoids contraindicated)
- Current use of prescription retinoids or acids
- Willingness to follow gradual introduction protocol
- Sun protection compliance reviewed

PDGF / Exosome-Based Therapies

- Active malignancy or history of cancer (risk discussion documented)
- Autoimmune disease (particularly scleroderma)
- Active infection at treatment site