

# THE PEARL

DERMATOLOGY

## **MORPHEUS 8: Microneedling with Radiofrequency**

Morpheus 8, also known as Microneedling with radiofrequency (RF), is used to treat skin laxity, wrinkles, fine lines, skin texture, necklace lines, and acne scarring. Morpheus 8 can target specific depths in the skin and create microchannels that allow for heat energy to be delivered more effectively into the skin. The heat energy stimulates collagen growth. This treatment can be utilized on the face, neck, chest, and other areas of the body. We can also target areas around the eyes and mouth, as patients will notice that these areas tend to have more noticeable fine lines from aging. There is minimal downtime associated with this procedure.

Unlike many lasers and light treatments, Morpheus 8 is approved for the treatment of ALL skin types. This is ideal for Hispanic, Asian, and African American patients that are not good candidates for other treatments due to the risk of hyperpigmentation. Although this treatment is approved for all skin types, it does not necessarily mean that this treatment is the best for every patient. Your healthcare provider will use their knowledge and expertise to determine which treatment is ideal for each individual patient.

MORPHEUS 8 treatments are typically recommended in a series of 3- 4 treatments, 4 to 6 weeks apart.

### Pre-Treatment Instructions

1. Patients with defibrillators or pacemakers are not a candidate for Morpheus 8 due to the Radiofrequency energy used during the treatment.
2. If you have a history of oral Herpes Simplex (fever blisters/cold sores), please alert your healthcare provider, as the laser may trigger an outbreak. We may recommend that you take an oral antiviral agent such as Valtrex starting 1-2 days prior to your procedure to prevent an outbreak.

### Treatment Day

1. For your first treatment, please arrive an hour and 15 minutes prior to your treatment time so that we can clean, take photos, and apply a topical numbing cream to the treatment areas. For the following treatments, you have the option of numbing at home or arriving an hour prior to treatment for one of our medical assistants to apply the numbing cream for you. Please ask one of our front desk employees to grab you a numbing kit with instructions on how to apply if you are interested in numbing at home.
2. We recommend you wear comfortable clothes to your appointments. We offer a disposable gown and a headband if needed. If you tend to get cold easily from air conditioning, bring a sweater or light jacket to wear while you are waiting for the numbing cream to take effect. An enjoyable book, iPad or Kindle is also recommended.
3. We also recommend the use of PRONOX, which is like the “laughing gas” you may have used at a dentist’s office. This is optional. We strongly recommend the gas for larger treatment areas such as the full face and full neck. It will aid in the discomfort of the treatment. Use of PRONOX during your treatment does add an additional charge to your total. After the treatment, we will have you rest for 15

minutes to allow for the PRONOX to leave your system. You will not need a driver after the use of PRONOX.

4. After you have been numbing for about an hour, we will remove the numbing cream. We will cleanse your skin with hibiclens and alcohol. Your healthcare provider will then perform the treatment, they will determine which applicator tips and settings to use for your specific skin.

### Post Treatment Instructions

1. Due to the open micro-channels, we have created in the skin, we recommend not touching or washing the treatment area for 6 hours after your treatment. This allows time for those channels to close and reduces the likelihood of introducing any unwanted bacteria into the skin. After 6 hours, you may wash your face with a gentle facial wash. We recommend the EltaMD Foaming Facial Cleanser.
2. Your skin may still feel warm during the 6 hours after the procedure, a SkinCeuticals Biocellulose Masque can help to hydrate, cool, and soothe your skin. This is an exception to the no washing or touching rule as the masque comes in sterile packaging.
3. You may apply makeup and sunscreen if needed after the 6-hour period is over. For the following days, we recommend applying a gentle wound healing cream twice a day, such as Avene Cicalfate or the Neocutis Biocream Firm.
4. Continue using a gentle cleanser and healing cream twice a day for about 7-10 days after your treatment. Your skin may feel dry during the healing process. This is normal. Redness and swelling are also normal. There is always a risk of bruising.
5. Avoid any excess heat, strenuous exercise, or sun exposure for the remainder of the day.
6. Avoid any exfoliating products, harsh acids, and retinols for about a week after your treatment.
7. As always, wear sunscreen and reapply if you know you will have an excess amount of sun exposure!

### Possible Risks & Complications

Side effects following MORPHEUS 8 are mild in nature, making this a minimal downtime treatment. For patients with many broken blood vessels on the skin surface, there may be mild pinpoint bleeding and a small chance of bruising. Your skin will appear red and swollen after treatment, but this typically dissipates in the following days. The skin may feel slightly rough and dry like sandpaper for 2 to 3 days after your treatment. Many patients can resume their normal skincare and makeup routine the following day. Although uncommon, any procedure that punctures or breaks the surface of the skin carries a risk of a secondary infection.

### Recommended Post-Procedure Products

1. EltaMD Foaming Facial Cleanser
2. SkinCeuticals Biocellulose Masque
3. Avene Cicalfate
4. Neocutis Biocream Firm
5. EltaMD Daily or EltaMD Clear