



MORPHEUS8

FRACTIONAL RADIOFREQUENCY

RECOMMENDATIONS AFTER YOUR TREATMENT

Congratulations! You have just completed your Morpheus 8 treatment. Here are our recommendations to follow for the next two weeks. If you have any questions or concerns, do not hesitate to contact us. We are here to help you.

- An improvement of the quality of your skin will be noticeable in the first 3 weeks, but results will enhance in the next 2 to 3 months.
- A **feeling of sunburn** along with some redness, swelling and tiny scabs is normal and expected following your treatment. These symptoms usually subside within 2 to 5 days, but may persist up to 4 weeks, being part of the normal healing process. We advise you to **avoid any manipulation** of your skin during healing time. Please contact us if symptoms worsen 48-72 hours following your treatment.
- Please **keep your skin well hydrated** using a cream adapted to your skin type twice daily. We also recommend you use a **mild facial cleanser** and avoid the use of skin care products with inflammatory or exfoliating properties up to 14 days after your treatment, such as : retinoids, vitamin A and C, hydroquinone, benzoyl peroxide or alcohol.
- Please avoid receiving **other treatments at the clinic or at the esthetician** 2 weeks after your treatment, including but not limited to : micro-dermabrasion, laser, pulsed light, chemical peels, injections of neuromodulators and dermal fillers.
- Please avoid activities that cause heavy sweating, such as **physical exercise** or **sauna** for 2-3 days.
- During the next 2 weeks, or until all symptoms have completely subsided, it is recommended that you **avoid sun or UV light exposure** and that you use an **appropriate SPF 45+ sunscreen** to avoid skin damage.

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If you have any additional questions, please do not hesitate to contact us at (514) 466-8822 or via info@clinicare.ca