



# MORPHEUS8

FRACTIONAL RADIOFREQUENCY

## RECOMMENDATIONS BEFORE YOUR TREATMENT

We look forward to seeing you for your treatment! Until then, follow these recommendations to optimize your results.

- Avoid, if possible, **alcohol, anti-inflammatory drugs** (Advil®, Motrin®, Celebrex®, Naproxen®, etc.), **Omega-3** as well as multi-vitamins in the 7 days preceding your treatments, because these increase the risk of bruising.
- **Retinoid creams** should be discontinued 2-4 days before treatment.
- Ensure to space **your other treatments at CLINICARE** or at the **esthetician** 2 weeks apart from your *Morpheus8*.
- In the event of an **ongoing infection** or **antibiotics use**, please postpone your appointment.
- **Plan the right time** to perform the *Morpheus8*, as there may be redness, swelling and rarely bruising after your treatment. These typically resolve after 48 hours, but can persist for up to 5-7 days depending on the skin type, the area being treated and the intensity of the treatment.
- Plan for a **low exposure to sunlight and UV rays** for 2 weeks after treatment. Applying a **moisturizing cream adapted to your skin type** and an **SPF 45+ sunscreen** will be strongly suggested after the treatment.
- For greater comfort, you may take **2 tablets of acetaminophen (Tylenol®)** 500 mg one hour before your treatment. In addition, a **numbing cream** will be applied before your treatment for a period of 45 to 60 minutes. Feel free to bring a book or some work if needed, or simply take the opportunity to relax!

[www.clinicare.ca](http://www.clinicare.ca)

  [clinicare.md](https://www.instagram.com/clinicare.md)

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