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Post Care Instructions: Morpheus8

To maximize the benefits and minimize the risk of complications associated with your procedure, please read and follow these post-care instructions.

Following your treatment you may experience some mild irritation, scratch marks, itching, bruising and swelling of the treated area which may last anywhere from several days to several weeks.

- Keep the area clean by gently washing twice daily with a mild cleanser such as Hamilton DermaScience Gentle Exfoliating Cleanser, Hamilton DermaScience Sensitive Skin Cleanser, Cerave, or Cetaphil. Avoid using abrasive or exfoliating sponges and washcloths as your skin is very sensitive during the recovery period.
- After cleansing, apply a gentle moisturizer such as Hamilton DermaScience Moisture Boost or CeraVe Healing Ointment. The area does not need to be covered with a bandage. Keep the skin well hydrated. It may be necessary to moisturize as often as 3-4 times a day. **Do not pick, scratch, or rub the treated area or peeling skin.**
- Mix 1 tbsp bleach to 6 cups cold water. Use wash cloth or soft rag to soak treated area for 10-15 minutes several times daily.
- Apply prescribed topical medications between soaks.
- Avoid sun exposure (including tanning beds). A sunscreen containing a minimum of 7% zinc oxide should be applied every morning before going outdoors. Use a nickel sized amount for the face and a shot glass full for the body. Our office recommends Hamilton DermaScience Emollient or Mattifying Sunscreen. Reapply every one to two hours when outdoors. **Daily sunscreen use should continue for at least a month following procedure to avoid hyperpigmentation.**
- If you have a history of cold sores, please take your antiviral medication for 3-5 days.
- If prescribed, take any other medication as directed.
- Avoid vigorous activity, excessive heat, sun exposure or harsh topical products and alcohol based toners after treatment.
- Additional treatments may be necessary to achieve desired results.

If you have concerns about healing, or if the area becomes extra tender, continues to weep, you develop small, diffuse, white papules, or the drainage becomes thickened and/or yellowish please notify the office by calling 770.360.8881 or by text to 678-673-3840.

For after hour emergencies regarding your procedure, please contact one of our providers on their personal lines:

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