

# Discharge Instructions: Morpheus8

Thank you for allowing us to treat you at Self Care LA!  
We're excited to take this Morpheus8 journey with you.

## **Post-Treatment Care:**

- Days 1-5:
  - Avoid prolonged direct sun exposure for the first 10-14 days
  - Use a broad spectrum, mineral-based sun screen after 24 hours
  - Use a clean washcloth, sleep on clean pillowcase
  - Wash your hands before touching your face
  - Do NOT allow your pets to sleep near the treated area until Day 5
  - If wearing makeup:
    - Use a new makeup sponge
    - Clean/sanitize your makeup brushes
    - Clean/sanitize your makeup products with alcohol wipe
    - Avoid Retinol and exfoliating (Glycolic, Salicylic, Lactic) products
- Days 6-9:
  - You can return to your normal skin care routine, re-introduce retinol or exfoliating products
  - \*If uncomfortable, remove with cool water and attempt the following day
  - Can resume hot tub, sauna or steam room
  - Can resume workouts (all the tiny channels in your skin will close up by day 5)

## **Consider medical-grade post-treatment skin care that includes:**

- Stem cells
- Growth factors
- Peptides/recovery
- B5
- Hyaluronic Acid
- Antioxidants

Morpheus has excellent value as a single treatment but works wonders in a series, my recommendation is to get treated monthly for at least 3 months, then switch to an annual maintenance. We are always available at Self Care LA to assess your progress and address any questions or concerns you may have.

Email: [hello@selfcarela.com](mailto:hello@selfcarela.com)

Phone: 323 337 3445

