

# lachele

AESTHETICS & WELLNESS

## Morpheus8, SylfirmX, & Exion Post treatment Instructions

- The treated area should be **gently cleansed twice daily with a mild cleanser and water. Do not apply occlusive**
- **creams** (*Aquaphor, Vaseline, Neosporin, etc.*) to the facial treatment area(s). However, for body treated areas, a small amount of aquaphor can be helpful to combat dehydration.
- **Do not apply make up for 3 days** after the treatment.
- **Avoid alcohol based toners for 10-14 days.**
- You may return to your regular skin care regimen, including Retin-A products and exfoliants when your skin feels like it has returned back to baseline.
- If you have a warmer skin tone, we strongly advise to **begin a daily AM & PM topical application of an over-the-counter steroid** (*such as hydrocortisone 1%*), sold in our office. Begin to apply hydrocortisone to the treatment area 1-2 days prior to the day of treatment, and continue a daily AM & PM application for 1-2 days post treatment. Do not apply longer than 7 days in a row.
- No sunscreen for 3 days. Be very careful with exposing the skin at this time. Avoid direct sun exposure.
- **Avoid swimming, saunas, hot tubs, sun tanning, tanning beds, self tanner, etc.** until the treatment area heals.

### What to expect in the next week:

- **Swelling/Pain/Bleeding** – Inflammation, swelling, patchy skin redness, and pinpoint bleeding are the most common side effects of this treatment. Following proper post care will help alleviate discomfort.
- **Bruising or Blistering** – Bruising can be a part of the healing process. Blister occurs occasionally and needs to be reported to the office for additional post care instructions. Do not pop blisters.
- **Itching/Irritation/Burning sensation** – These are less common side effects, and typically subside in the first few days following treatment. Your skin may be re-aggravated with exposure to heat or sweating.
- **Crusting**- Mild crusting may be noted 1-14 days following the treatment. DO NOT shave or pick the area.
- **Pigmentation Changes** – The treated areas will most likely heal without any pigment changes, however, there is always a chance that hyperpigmentation (darker) or hypopigmentation (lighter) areas may occur. Skin redness and changes in skin vascularity are rare, but possible. These are typically temporary and will fade within 1-6 months. Avoid sun exposure before and after treatment as sun exposure may intensify the pigment changes. It is rare that a change is permanent
- **Infection** – This is rare, following treatment, if post treatment instructions are followed properly.
- **Scarring** – There is a very small chance of skin scarring because of the heat delivered to the skin. Scarring is very rare and can be avoided by following all the post treatment instructions carefully. The types of possible scars include raised scars or slightly depressed scars.
- We advise full completion of a series of 3 treatments, each 4 weeks apart (6-8 weeks apart for the body). Maintenance is necessary.

If you have any questions or concerns, please call our offices at (855) 522-4353 and follow the prompt for your desired location.

During off hours, call Dr. Espinoza's cell at (908) 303-5694.

You can also email us at [team@lachele.com](mailto:team@lachele.com)