



Morpheus peri-procedural instructions

2 WEEKS BEFORE TREATMENT:

- **Discontinue use of topical retinols, Retin-A/Renova/tretinoin, glycolic or other hydroxy acids, and any anti-aging products.**
- **Discontinue excessive sun exposure: you should not have sunburn or significant suntan. Wear minimum SPF 30 daily and follow other sun protection measures such as avoiding midday sun and wearing a hat and sunglasses.**
- **Avoid spray tanning in the treatment area.**
- **Begin 5% Hydroquinone cream prescription (if needed)**

1 WEEK BEFORE TREATMENT:

- **Discontinue aspirin or other nonsteroidal anti-inflammatory medications such as Motrin, Ibuprofen, Aleve. You may take Tylenol (acetaminophen) for discomfort.**
- **Discontinue Vitamin E, omega 3 fish oil supplements, and let us know if you are on any other herbal or non-prescription supplements. - Be sure to purchase supplies needed for post-procedure care.**

DAY OF TREATMENT:

- **Start prescription antiviral medication: Valacyclovir 500 mg twice daily x 7 days.**
- **Please come to the office with no makeup, no contact lenses, and your hair back away from your face and neck in a band or tie. Wear a lower-cut, buttoned shirt or one that easily comes off.**

- **Bring a wide-brimmed hat or scarf and sunglasses. It is ok to eat prior to the procedure.**