



Anti-Aging And Medical Skin Care Center

Fractora™/Morpheus™ Treatments POST TREATMENT

After your Fractora™/Morpheus™ treatment, the treated areas will be red, swollen slightly and feel hot like a sunburn. This is normal and expected. Please review the following instructions to ensure the best possible outcome with healing and achieving your final goal. Failure to follow these instructions may result in a less optimal results and possible complications. If you had topical or injected anesthesia, you will feel numb for up to an hour or more after the treatment until the effects subside gradually.

When you get home, you may apply cool water compresses lightly to the treated area every 15-20 minutes for 5 minute intervals or as needed if the treated area still feels hot. To reduce discomfort and help with the swelling, do not rub or scrub the area.

Following treatment, the skin should be kept clean, moist and protected to avoid contamination, inflammation or infection.

In the first 48 hours:

- Do not apply any friction, rubbing, scrubbing to the treated areas. Use a gentle touch only.
- No heat or excessively hot water exposure of any kind: no hot showers or baths or use of hot tubs, Jacuzzis or saunas. Cool or warm water is ok.
- Recommend no exposure to sweat or exercising to the point of getting your face heated, unless tolerated.
- Wash your face with a gentle cleanser like DermAesthetics Gentle Cleanser, Cetaphil or Cerave at least 2-3 times a day for 2 days, then you may resume your normal cleansing routine as tolerated.
- After washing your face, apply a light layer of gentle moisturizer over the treated areas with clean hands to prevent the skin from drying out for the first 48 hours.
- No exposure to the sun or tanning of any kind, use a sunscreen of 50 SPF Mineral sunscreen if going outside and then reapply every 80 minutes if outside for more than an hour. Consider using hats as well.
- No make up to the treated areas for at least 24 hours. You may apply makeup after that with cleaned makeup brushes or sponges.
- Do not apply any anti-aging creams or lotions to the treatment areas.
- Do not get any facial treatments or hair removal treatments to the treatment area.
- Tiny scabs, peeling skin and flaking may appear after 1-3 days following the treatment. Do not pull, pick, rub or scratch even if they itch, let them flake off naturally.

After the first 48 hours:

- Moisturizer should be applied regularly throughout the course of healing as needed.
- Make-up may be applied per your normal routine.
- For the first week, do not use any abrasive or harsh scrub soaps, exfoliants, any facial products with alpha hydroxy, glycolic, salicylic or other acids, tretinoin, retinoids, ROC, Differin, Tazarac, Adapalene or benzoyl peroxide, or other similar anti-acne or anti-aging products.

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- Tiny scabs and dry rough skin may persist for up to a week or more after treatment. We recommend you schedule a microdermabrasion a week after treatment to help with the healing and exfoliation process.
- Itching is common during the healing period, especially after the redness and swelling have resolved. You may apply over the counter hydrocortisone 2- 3 times a day for only 1 to 2 days, avoiding the eye areas.

Protect your investment, avoid skin cancer and premature aging by continuing to use a mineral only sunscreen of at least 50 SPF daily. Fractora™/Morpheus™ builds collagen and the UV rays from the sun and tanning destroys collagen.

We want you to have an outstanding result. If you develop any indication of infection, excessive swelling, redness, undue pain, or for any other concerns or questions please call [\(203\) 699-6772](tel:(203)699-6772) for assistance. Remember our Voicemail is monitored 24/7.

Thank you for your business.

LouAnn Perugini, ACNP, FNP, DCNP, CANS

Dermatology and Aesthetic Board Certified APRN

DermAesthetics, Anti-Aging, Laser & Medical Skin Care Center

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