



[www.doctorhermann.com](http://www.doctorhermann.com)

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**MORPHEUS**

I N M O D E

**Pre-Treatment Instructions:**

- Remove eye contacts prior to treatment.
- Avoid Retin-A, Retinol and any other irritating skin care products 1-2 weeks prior.
- Do not use self-tanning lotions or booths two weeks prior.
- Avoid taking NSAIDS such as Advil, Motrin, Aleve, Aspirin 1 week prior.
- Arrive to office day of treatment make up and lotion free.

**On the day of treatment, you will be in the office about 2 HOURS**

**Post Treatment Instructions:**

- No make up for 48-72 hours
- Use sun screen & growth factor daily and a gentle face cleanser at night.
- Avoid shaving/ waxing for two weeks after treatment.
- Avoid using Retin-A, Retinol and any other irritating skin care for 1 week post treatment.
- Redness, swelling, scabbing, dryness, and peeling is normal for the first 1-4 days.
- Bruising can occur, and is a normal reaction to this treatment. Can last 1-2 weeks.
- Avoid prolonged sun exposure and tanning up to 2 weeks after treatment.

**\*ASK OUR STAFF FOR RECOMMENDATIONS OF SKIN CARE PRODUCTS TO ENHANCE YOUR PROCEDURE\***