Morpheus8 / Fractional RF

EN

Follow your doctor's individual instructions

Care differs by programme. If your doctor gives you individual instructions, follow that plan. Do not stop or change your regular medicines yourself.

Symptoms to report to your doctor

Report unusual symptoms to your doctor immediately

Tell your doctor immediately if you feel unusually unwell or develop significant skin redness or swelling, blisters, burns, skin damage or scarring, or unusual darkening or lightening of the skin. For crusting that may occur after treatment, also refer to the guidance for your specific programme.

Symptoms may appear 1–2 days later

Some people with darker skin tones may have a delayed reaction 1–2 days after treatment. Report any unusual symptoms to your doctor immediately.

Tell your doctor before booking

Cancer history or a suspicious mole

Tell your doctor if you have or have had skin cancer or any other cancer, or if a doctor suspects a mole may be cancerous. A medical assessment is required before treatment.

Previous Botox, filler, fat or other injections

Tell your doctor what was injected, where and when, including Botox, hyaluronic acid (HA) filler, collagen, fat or other substances, especially within the past 6 months. Your doctor needs to review these details before you book treatment. The interval depends on the substance and injection site. Do not choose a treatment date based only on the number of days since an injection.

Serious medical conditions

Tell your doctor about heart disease, neurological disorders, uncontrolled high blood pressure, liver disease or kidney disease. A medical assessment is required before treatment.

Pregnancy or breastfeeding

Do not have treatment while pregnant or breastfeeding. Tell your care team before booking.

A weakened immune system or immunosuppressive medicines

Tell your doctor if you have an immune deficiency, such as HIV or AIDS, or take medicines that suppress your immune system. A medical assessment is required before treatment.

Isotretinoin within the past 6 months

Tell your doctor if you have used the acne medicine isotretinoin or Accutane within the past 6 months. Do not book treatment until your doctor has assessed you. Reaching 6 months does not, by itself, confirm that treatment is suitable.

Uncontrolled diabetes, thyroid or hormonal conditions

Tell your doctor if your diabetes, thyroid disorder or excess androgen levels (such as in polycystic ovary syndrome, PCOS) are not controlled. A medical assessment is required before treatment.

Previous surgery in the treatment area

If you have had surgery in the area within the past 3 months, or the wound has not fully healed, do not book treatment before speaking to your doctor. Separate requirements apply to previous surgery before Morpheus8.

Previous resurfacing or a deep peel

For facial treatment, tell your doctor about any laser resurfacing, dermabrasion or deep chemical peel within the past 3 months. Do not book treatment until your doctor has assessed you.

Vitiligo

Tell your doctor if you have vitiligo. A medical assessment is required before treatment.

Tattoos in the treatment area

Point out any tattoos or permanent makeup in the planned treatment area. The source guidance prohibits treatment over these areas.

Your doctor may advise against treatment or postpone it

If your doctor considers treatment potentially unsafe, it must be avoided or postponed as advised.

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Tanning within the past 2 weeks

Tell your care team if your skin has tanned from sunlight, tanning beds, self-tanning creams or sprays within the past 2 weeks. Do not book treatment until your doctor has assessed you.

Implanted devices and materials before RF

Pacemakers or implanted defibrillators

If you have a pacemaker or implanted defibrillator, tell your care team and do not have RF treatment, in accordance with this contraindication.

Metal under the skin or body piercings

Tell your doctor about any metal plates, screws or piercing jewellery under the skin in the treatment area. Their location must be checked before RF treatment.

Cochlear implants

Tell your doctor if you have a cochlear implant and where it is located, so they can assess the planned RF treatment area.

Silicone or injected substances still present in the area

Tell your doctor about any silicone implants or injected substances in the planned RF treatment area, including their type and location. Your doctor needs to review these details before you book treatment.

Additional checks before Morpheus8

Surgery within the past 1 year

Tell your doctor if you have had surgery in the treatment area or facial surgery within the past 1 year. Do not book Morpheus8 until your doctor has assessed you.

Previous light, laser or RF treatment in the same area

Tell your doctor the name of the procedure and the date of your last treatment. A medical assessment is required before Morpheus8 if you have had light, laser, RF or another non-ablative procedure within 2–3 weeks, or ablative fractional laser within 6–12 weeks. Any different interval requires specific advice from your doctor.

Do not treat over tattoos

Morpheus8 must not be performed over tattoos or permanent makeup.

Do not treat the lips

Morpheus8 must not be performed on the lips.

Eyebrows and hair-bearing areas

The source document lists eyebrows and hair-bearing areas as areas where Morpheus8 must not be performed. Have your doctor check the treatment boundaries before booking.

Discuss pigmentation medicine with your doctor

Do not start Hydroquinone yourself

Your doctor may consider Hydroquinone for 1–2 weeks before treatment to reduce the chance of dark marks. This medicine can irritate the skin and worsen inflammation or pigmentation, so it must only be used at your doctor's discretion.

Discuss your concerns before treatment

Make sure you understand the possible side effects

If you are unsure about possible side effects, discuss them with your doctor and review the consent document before treatment.

Prepare for treatment

Care for your skin and protect it from the sun

Avoid anything that irritates your skin and avoid intentional tanning. Apply sunscreen when you go outdoors during the day.

Pause products that may irritate your skin

Stop products that may irritate your skin, such as retinoids or fruit acids, 2–3 days before treatment. If a product is prescribed, ask your doctor before changing how you use it.

Clean the skin and shave in advance

Shave the treatment area before your appointment day, for example the face, underarms or abdomen. On the day, clean the skin and do not apply lotion, makeup, perfume, powder or oil to the area.

Leave anaesthetic use to your doctor

Your doctor will decide whether an anaesthetic is needed and supervise its use, whether applied to the skin or injected. Do not apply or use an anaesthetic yourself before coming to the clinic unless your doctor has instructed you to do so.

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Report any unusual reaction to the anaesthetic immediately

If you have an unusual reaction to the anaesthetic, tell your doctor or care team immediately so they can stop the procedure at that point.

Tell us about dental work and metal in your mouth

If treatment will be near your mouth, tell us about any crowns, dentures, braces or other metal in your mouth. These areas may be more sensitive during treatment.

Anaesthetic reactions to report before treatment

Report anaesthetic allergies and unusual redness

Tell your doctor if you have ever been allergic to lidocaine, benzocaine or tetracaine. If your skin is unusually red after the anaesthetic is wiped off, your doctor must examine it and Morpheus8 must not be performed that day.

Skin care after Fractional RF

Avoid alcohol for 48 hours

Do not drink alcohol during the first 48 hours after treatment.

Avoid heat and strenuous exercise for 48 hours

For the first 48 hours, avoid hot showers or baths, saunas, hot yoga and strenuous exercise.

Avoid tight clothing over the area for at least 1 week

Avoid tight clothing that rubs against the treated area, such as yoga leggings, for at least 1 week.

Avoid self-tanning products until your skin has healed

Do not use self-tanning lotions or other self-tanning products until your skin has fully recovered.

Shower and wash gently

You may shower, but treat your skin gently. Do not scrub, rub or knock the treated area, and continue to avoid hot water for the first 48 hours.

Avoid sun exposure

Keep the treated area out of the sun to reduce the chance of dark marks.

Start sunscreen when your care team advises

The source guidance recommends starting a sunscreen containing Zinc Oxide with SPF 30 or higher 24–48 hours after treatment and continuing to use it. Confirm when to start with your care team, based on your skin's condition.

Body skin: moisturise twice a day

Apply a gentle moisturiser formulated for sensitive skin to the treated body area at least 2 times a day.

Protect treated body skin from the sun

Avoid direct sunlight on the treated body area.

Recovery after Fractional RF

Redness, swelling, stinging and crusting

After treatment, you may experience redness, mild to moderate swelling and a burning sensation similar to sunburn. These symptoms may last 1–3 days, or longer if higher energy was used. Crusting or peeling may last 2–7 days, depending on treatment intensity. Your care team may apply an ointment before you leave. The face generally does not need to be bandaged or covered.

Body skin may take longer to recover than facial skin

Body skin generally takes longer to heal than facial skin. Redness and swelling usually subside within 24–48 hours, but small spots or bumps on the skin may take 2–4 weeks to recover.

More than one session may be needed

Some people may need several sessions over several months to achieve their desired results. The number of sessions depends on the treatment plan.

Dark marks after inflammation

Darker skin tones are more prone to post-inflammatory hyperpigmentation. These dark marks often fade on their own within 1–3 months, although recovery time can vary.

Sources

Adapted for customers from InMode sample instructions. Your doctor may give you different individual instructions based on your procedure and skin condition.

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