  

Family First Health Center PC

Physical Address: 333 N Maple Suite 105 Mailing Address: PO Box 218 Sutherland, NE 69165

308-386-4799 FAX 308-386-4343

**FRACTORA or MORPHEUS**

**Before & After Care**

**Pre-Treatment Instructions**

1. Hydrate – moisturize skin in the morning and evening, and drink at least 8 glasses of water per day to completely hydrate your skin and optimize treatment results.
2. Medications **–** you may be provided a prescription for anti-viral medication prophylaxis, 3-4 days prior to the procedure if you have a history of Herpes Simplex (cold sores) to avoid outbreak.
3. Topical retinoid therapy should be discontinued 3-4 days prior to treatment. Discontinue any topical irritant (anti-aging) agents for 2-3 days prior to treatment.
4. Avoid any prolonged exposure to the sun, if you must be in the sun use zinc oxide sunscreen of at least SPF 30+, also avoid self-tanner and spray tanning for 7-10 days prior to treatment.
5. The treatment area will be thoroughly cleaned of topical anesthetics, hairspray, gel, makeup, lotions, deodorants, self-tanning products and ointments.
6. Discuss with me if you are on blood thinners.
7. Arrive for treatment with clean skin. There should be no lotion, make-up, perfume, powder, bath/shower oil present on the skin in the area to be treated.

  

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**Post-Treatment Instructions**

1. Immediately after treatment, most patients will experience a clinical endpoint of erythema (redness) for 1-3 days, however for more aggressive treatments this may last longer. Slight to moderate edema (swelling) and a mild to moderate sunburn sensation are also common post treatment and may last 1-3 days. Skin may form tiny dots of crusting for 2-7 days depending on treatment settings.
2. A vitamin C+E serum, TNS Essential Serum or ointment may be applied to the treatment area, no bandages or wraps are necessary. You may resume the use of your usual skin care products after one week.
3. Treat the skin gently; avoid scrubbing or trauma to the treated area. Use water only or a gentle cleanser for the first 24-72 hours.
4. After the first 3 days, once the tiny crusting has formed, you can soak in a white vinegar water solution which is vary calming to the skin and will help the crusts to gently come off the skin.
5. Avoid prolonged sun exposure to reduce the chance of hyperpigmentation (darker pigmentation). Use of a physical sun block SPF 30+ after 24-48 hours.
6. Multiple treatments over a period of several months may be required to achieve the desired response. You may notice immediate as well as longer term improvements in your skin.
7. Contact the office with any question or concerns.