

Southwest Michigan Plastic Surgery & Med Spa
PATIENT INFORMED PRE/POST CARE FORM
FOR SECRET RF & MORPHEUS 8 TREATMENT

BEFORE YOUR TREATMENT:

- Do not wear makeup on the day of treatment
- Excess hair may need to be shaved. Men should be cleanly shaved
- No sun-tanning or self-tanners 4 weeks prior to treatment
 - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Avoid skin irritants (examples below) a few days before and after treatment
 - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, vitamin C/ascorbic acid, astringents, etc.
- Notify clinic with any changes to your health history or medications since your last appointment
- History of herpes or cold sores may require an anti-viral prescription prior to treatment

AFTER YOUR TREATMENT:

- Immediately post-treatment, apply gauze soaked in isotonic saline solution to the treatment area and let sit for 5-15 minutes
 - After saline solution soak, apply a post-procedure product if desired
 - Wait at least 4 hours before washing face or applying soap, cream or makeup to the treatment area
 - Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage
 - Avoid heat – hot tubs, saunas, etc. for 1-2 days
 - Avoid skin irritants (examples below) a few days before and after treatment
 - o Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, vitamin C/ascorbic acid, astringents, etc.
 - Bruising, redness, swelling or a grid pattern may occur and resolve with time
 - o More aggressive treatments or use of irritants in the days prior to or after treatment can lead to longer downtime
 - Multiple treatments are required
 - Notify clinic of any concerns (blistering, excessive redness/swelling, persistent grid pattern, etc.)
 - Adverse experiences are listed on consent form as well as on the back of this post care page.
 - Consult with clinic about when to resume skin care regime
 - Additional instructions:
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The procedure may result in the following adverse experiences or risks:

- DISCOMFORT/PAIN – Some discomfort and/ or pain may be experienced during treatment. A topical anesthetic will be applied to your skin before treatment. Other forms of anesthesia, or pain management, may also be used.
- SWELLING – Swelling (edema) of the treated area is common and may occur. This usually resolves in a few days.
- REDNESS – Redness (erythema) of the treated area is common and may occur. The erythema typically resolves in about two weeks.
- SKIN COLOR CHANGES – During the healing process, there is a possibility that the treated area may become either lighter (hypopigmentation) or darker (hyperpigmentation) in color compared to the surrounding skin. This is usually temporary, but, on a rare occasion, it may be permanent. You should avoid sun exposure after the treatment and use sunblock.
- MILIA/ACNE – Ointments that occlude hair follicles, sweat ducts, or sebaceous ducts may lead to milia/acne formation. This is more common in patients with a history of cystic acne or oily skin.
- WOUNDS – Treatment can result in burning, blistering, or bleeding of the treated areas. It is important that you not pick or scratch the sites as this may lead to permanent scars or promote an infection. If any of these occur, please call our office.
- INFECTION – Infection is a possibility whenever the skin surface is disrupted which can lead to scarring. Proper wound care and keeping the treated area clean are important. If signs of infection develop, such as pain, heat, blisters, or surrounding redness, please call our office (Phone number)
- CONTACT/ALLERGIC DERMATITIS OR SKIN SENSITIVITY – Potential increased sensitivity, irritation/itching or allergic reaction of the skin due to skin surface disruption.
- SCARRING – Scarring is a rare occurrence, but it is a possibility if the skin surface is disrupted. To minimize the chances of scarring, it is IMPORTANT that you follow all post-treatment instructions provided by your healthcare staff.
- TREATMENT PATTERN – A persistent spot size pattern may be apparent on the treated skin and usually resolves with time. In rare cases, it may be permanent.
- PETECHIAE – May appear for several weeks after healing and clear without treatment.
- DILATED PORES – Collagen contraction that occurs as part of the resurfacing process may also contract the skin between the pores, which widens the existing pores. This occurrence, though rare, is permanent.
- SUN EXPOSURE / TANNING BEDS / ARTIFICIAL TANNING – May increase risk of side effects and adverse events.
- ALLERGY – There is a risk of an allergic reaction to the topical anesthetic or the metal needles.