

Morpheus8 Radiofrequency Microneedling- Patient Handout

Radiofrequency microneedling (RFMN) is a minimally invasive treatment which creates tiny perforations in the skin via a matrix of micro-pins and delivers radiofrequency-generated thermal energy into the dermis to stimulate the production of collagen and elastin. This targeted injury results in skin tightening and improvement of laxity, better skin texture, reduced roughness and can improve uneven pigmentation. Results are slow but progressive and will continue even 6 months after treatment. The device used at DTC Dermatology is the Morpheus 8 and is one of the newest devices on the market.

RFMN can be used in all skin types and is described as "color blind", and it can be used on practically all body areas. The most commonly treated sites are the entire face, including around the eyes and mouth, jawline, chin, submental areas (skin under the chin), and neck. The chest, abdomen, thighs, upper arms, knees, elbows and buttocks can also be treated. In addition to skin rejuvenation, radiofrequency microneedling can improve acne scars, surgical scars, acne, stretch marks, decrease the appearance of cellulite and treat axillary hyperhidrosis (excessive perspiration).

Side effects of treatment include mild swelling, discomfort and redness at treated sites (described as having a sunburn which can last for 1 to 2 days). Bruising can happen during treatment and can take a week to resolve; this may last longer if a person is on any medications or supplements that predispose to bleeding. Depending on the intensity of treatment, transient darkening of the skin in treated areas can occur. It is very important to practice careful sun protection before and after treatment.

During your consult, your provider will recommend the optimal number of sessions to be performed, and the number of treatments and frequency of treatment will be specifically tailored to obtain the best possible results. If you have a history of cold sores in areas to be treated, you should take Valacyclovir on the morning of your procedure and again after 12 hours. Your provider will give you a prescription for Valacyclovir during your consult if you need it. Repeated treatments over a period of time (months to a year) may be required to obtain the desired response. Keep in mind treatments don't achieve



perfection and not everyone will be a good candidate for treatment with this device.

After your procedure you can expect redness that will feel like a sunburn on the day of treatment and possibly the following day. You may have some small pinpoint bleeding and bruising, which is most common around the eyes and neck. Your skin will develop some roughness after a few days and may develop tiny bumps which can persist for 1-2 weeks. These changes in the skin will resolve as the top layer of skin sloughs; if this is bothersome, a gentle enzymatic gel can help slough skin more quickly by enhancing skin turnover.

Daily use of high-quality sunscreen containing zinc oxide, a mineral based physical blocker, preferably tinted, is crucial. In addition to using sunscreen, wearing wide-brimmed hats and UPF 50 rated clothing (if applicable) is highly recommended, as well as avoiding exposure to sunlight. You will be given more specific skin care instructions on the day of your procedure.

Products that augment collagen and elastin formation, increase hydration, reduce inflammation and promote cell turn-over will enhance your results and provide ongoing benefits and duration of your treatment results. We have selected high quality products for these purposes and we will discuss which ones would benefit you the most on the day of your consult, if you are not already on them. You should have these products in hand to care for your skin after treatment. You can purchase them before or on the day of your procedure.

Learn more about Morpheus 8 by visiting their website: <https://inmodemd.com/technologies/morpheus8-burst/>