



## **Pre and Post treatment instructions for Morpheus V**

### **Morpheus V - RISKS AND TREATMENT EXPERIENCE**

There are both risks, and complications associated with the Morpheus V RF Microneedling vaginal procedure. Although the majority of patients do not experience these complications, you should understand the risks and potential complications. This is a cosmetic treatment that could potentially conflict with other medically necessary medications used to treat disease. Full disclosure of medical conditions (past and current) is necessary to determine if this treatment is appropriate for you. Complete information on your medical history minimizes your risks from this treatment. If you under a physician's care for a serious medical condition Sei Tu Bella Aesthetics may require the permission of your health care provider for cosmetic treatments. The Morpheus V is used for the remodeling of the skin in the vaginal and vulvar regions and the external skin of the labia.

This list is not meant to be inclusive of all possible risks associated with the Morpheus V as there are both known and unknown side effects associated with any medication or procedure.

-Pregnant women should not have the Morpheus V treatment.

**Erythema and edema-** Redness and swelling of the treated area can be expected and usually subside within ten days but can take longer.

**Expect irritation,** itching, and/or a mild burning sensation, similar to a moderate or severe sunburn. Blistering, scabbing and temporary bruising are also possible.

**Hyperpigmentation (darkening) and hypopigmentation (lightening)-** Morpheus V treatments may potentially change the natural color of your skin. In numerous studies these were not observed however it still can occur. Skin redness usually lasts 2 weeks-3 months and occasionally months following RF Microneedling treatment. Darkening and lightening of the skin in the treated areas can occasionally occur. Mostly it is transient, lasting up to six months, but in rare cases it can be permanent. Occasionally these pigmentary changes occur despite appropriate protection from the sun. A line of demarcation between normal skin and skin treated with devices can occur.

**Pinpoint bleeding and pattern-** Bleeding and/or grid marks may occur during your Morpheus V treatment procedure and may produce visible patterns within the skin. They typically resolve within 30 days. The occurrence of this is not predictable.

**Burns** - RF energy can produce burns. Adjacent structures including the eyes may be injured or permanently damaged by the laser beam. Burns are rare yet represent the effect of heat produced within the tissues by RF energy. Additional treatment may be necessary to treat laser burns.

**Accutane (Isotretinoin)** - Accutane is a prescription medication used to treat certain skin diseases. This drug may impair the ability of skin to heal following treatments for a variable amount of time even after the patient has ceased taking it. Individuals who have taken the drug are advised to allow their skin adequate time to recover from Accutane before undergoing laser skin treatment procedures.

**Scarring**- Although normal healing after the procedure is expected, abnormal scars may occur both in the skin and deeper tissues. In rare cases, keloid scars may result. Scars may be unattractive and of different color than the surrounding skin. Additional treatments may be needed to treat scarring. Strict adherence to all advised post-operative instructions will reduce the possibility of scarring.

**Infections**- This treatment has the potential to cause skin damage, so infection is possible. Infection is unlikely but can be life threatening if it does occur and is left untreated, signs and symptoms of infection are redness, fever, pain, pus and swelling. Should infection occur, you should contact Sei Tu Bella Aesthetics for immediate evaluation and treatment. It is important that you tell your provider if you think you have an infection.

**Herpetic outbreaks can be triggered by Morpheus V RF microneedling treatments.** This applies to both individuals with a past history of Herpes simplex virus infections and individuals with no known history of Herpes simplex virus infections. Specific medications will be prescribed and taken both prior to and following the laser treatment procedure in order to suppress an infection from this virus. An outbreak increases the risk of scarring

**Pain**- You may experience pain after the procedure. If you feel significant discomfort after the treatment, you may take over the counter pain medication to minimize the pain. If pain increases or persists, contact Sei Tu Bella Aesthetics for immediate evaluation and treatment. Very infrequently chronic pain may occur after RF skin treatment procedures.

**Bruising**- You may experience some temporary bruising in the treated area which will subside with healing.

**Blistering**- You may experience some temporary Blistering / Bullae in the treated area which will subside with healing.

**Numbing agent reactions-** Your skin may be numbed using an analgesic agent(s) as part of your FR Microneedling **vaginal procedure**. Analgesics typically include but are not limited to benzocaine, lidocaine, tetracaine and epinephrine. There is the possibility of complications, injury, and even death from analgesics.

**Prescribed medications-** Systemic reactions may result from drugs used during the procedure.

**Contraindications. If you have any of the following it is important they were included in your medical history review prior to your Morpheus V Radiofrequency micro needling vaginal rejuvenation treatment:**

Abnormal cell cytology.

Evidence of dysplasia and occult or active infection.

Injury or bleeding in external vaginal area or undiagnosed vaginal bleeding.

Active malignancy or history of malignancy in the past five years.

Active electrical implant anywhere in the body, such as a pacemaker or an internal defibrillator.

Implants or mesh in the treatment area.

Suffering from significant concurrent illness, such as cardiac disorders, diabetes (type I or II), lupus, porphyria or pertinent neurological disorders (i.e., any disease state that in the opinion of the physician would interfere with the treatment or healing process).

Having a known anti-coagulative or thromboembolic condition or taking anticoagulation medications one week prior to and during the treatment course (to allow inclusion, temporary cessation of use as per the patient physician's discretion).

History of immunosuppression/immune deficiency disorders (including HIV infection or AIDS) or currently using immunosuppressive medications.

Suffering from hormonal imbalance, whether related to thyroid, pituitary, or androgen.

History of significant lymphatic drainage problems.

History of cancer which required lymph node biopsy or dissection.

Suffering from significant conditions in the treated areas or inflammatory conditions, including but not limited to open lacerations or abrasions of the treatment area prior to treatment or during the treatment course.

History of keloid scarring, abnormal wound healing and/or prone to bruising.

History of epidermal or dermal disorders (particularly if involving collagen or microvasculature), including collagen vascular disease or vasculitic disorders.

Use of isotretinoin (Accutane®) within six months of treatment or during treatment.

On systemic corticosteroid therapy six months prior to and throughout the course of treatment.

Dysplastic nevi in the area to be treated.

Surgery or any other procedure for Vaginal Tightening in the last 12 months.

Uterine prolapse, cystocele or rectocele.

Urinary tract infection.

Pelvic infection.

Active malignancy or cancer treatment within the last five years.

Melanoma history.

Excessively tanned skin in the treatment area from sun, sun beds or tanning creams.

### **Morpheus V - PRE TREATMENT INSTRUCTIONS**

It is prudent to follow some simple guidelines before your treatment. These guidelines can reduce possible side effects associated with the procedure and make all the difference between a fair result and a great result.

**Hydrate-** We recommend that for seven days pre-treatment you moisturize skin in the morning and evening, drink at least 8 glasses of water per day to completely hydrate your skin and optimize treatment results.

**Vaginal health screening-** Have an up-to-date, normal PAP smear done within one year prior to treatment.

**Shaved-** Please have pubic hair fully shaved.

**Over the Counter Medications-** Avoid aspirin, Motrin and Ibuprofen for one week prior to your treatment. Inform your provider if you are taking blood thinners or regularly take aspirin or Ibuprofen.

**Sun exposure-** No tanning bed or self-tanners for 1-2 weeks prior to treatment.

**Prescription Medications-** We will provide you with an antiviral prescription to fill and take before your appointment to decrease the risk of a herpetic outbreak. Take your first tablet 24 hours before your treatment and follow instructions on the bottle. Take other medications that may be prescribed for anxiety or pain management as instructed on the bottle. Stop taking prescription medications that may increase the risk of bruising as instructed and in coordination with your physician.

**Over the Counter Medications-** Avoid aspirin, Motrin and Ibuprofen for one week prior to your treatment. Inform your provider if you are taking blood thinners or regularly take aspirin or Ibuprofen.

**Supplements-** Avoid fish oil, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other supplements one week before treatment.

**Alcohol-** Avoid alcohol for two days prior to treatment.

**Accutane-** Inform your provider if you have taken Accutane (oral acne medication) in the past year.

### **Morpheus V - TREATMENT DAY INSTRUCTIONS**

**Treatment Area-** Please arrive with clean skin. No lotion, powder oils or other products on treatment area.

**Take prescription medications-** Take prescribed medications as directed.

**Transportation arrangements** You will be able to drive yourself home from your procedure and will not need to secure another form of transportation; however, if you take any prescription based medications that can affect your ability to drive we recommend you bring someone with you to your appointment to safely drive you home.

### **Morpheus 8V - POST TREATMENT INSTRUCTION**

You may experience temporary erythema (redness) and edema (swelling), mild bleeding, tissue retraction, as well as heat and tightening sensations for up to a few hours after the treatment.

**Treatment Area-** Wash your skin with a gentle cleanser twice a day and pat dry (do not scrub).

**You may notice light spotting, mild burning, itching, swelling or mild cramping for a few days. Do not have intercourse for 1 week. Do not insert tampons or anything else into the vagina for 1 week. Do not use a douche, cleanser, suppositories, or any other products in the vagina for 1 week.**

**No Jacuzzi's, tub baths, or swimming for 1 week.**

**No tanning beds or self-tanning cream for 1 week.**

**No heavy exercise for 1 week.**

**At-Home Care-** Apply hydrocortisone cream as needed for itching. Apply antibiotic ointment as needed for any sores or irritated areas. You may apply an ice pack as needed for discomfort (no more than 10 minutes per hour with cotton barrier).

**Hydration and comfort-**Keep yourself well hydrated. You may take Tylenol for discomfort.

*Post Treatment Kit (use as needed)*

*Hydrocortisone cream*

*Antibiotic ointment*

*Panty liners*

Report any pain, chills, fever or unusual discharge immediately to Sei Tu Bella Aesthetics

### **Morpheus 8V - TREATMENT SCHEDULE**

We recommend re-treatment every 4 weeks, with a total of 3 treatments in a row. After a series has been completed, treat 1-2 times per year or as needed.

### **Morpheus 8V - ALTERNATIVE TREATMENTS**

Having no treatment is an alternative to Morpheus 8V vaginal treatment. Procedures based upon other devices are also alternatives. There may be surgical options for your concerns. Pelvic floor exercises may be an alternative option and are recommended in combination with this treatment. VTONE electro muscular stimulation is also recommended to have a synergistic affect and aid in the treatment of urge, stress, and mixed urinary incontinence. Our VTone device is also FDA cleared for urinary incontinence and pelvic floor therapy.

### **INTIMA - SYNERGISTIC TREATMENTS**

The O Shot is a potentially synergistic treatment for the Morpheus 8V vaginal rejuvenation treatment.