



Morpheus8 Microneedling Post-Operative Instructions

Following these post-operative instructions will help ensure a smooth recovery and minimize scarring after your surgery with Dr. Kevin Caceres. Adhering to these guidelines can significantly enhance the healing process and improve the overall outcome of your surgery.

1. Pre-Operative Instructions:

- Inform the provider if you have:
 1. defibrillator or electronic implant including metal plates and screws
 2. history of Herpes Simplex
 3. history of keloid scarring or abnormal wound healing
- Isotretinoin or Accutane: Morpheus cannot be performed if you have used Isotretinoin or Accutane within 6 months of treatment.

2. What to expect Post Operation:

- Redness and swelling: Redness and swelling of the treatment area is normal for 1-3 days after treatment
- Peeling of skin: Skin may crust and/or peel 2-7 days after treatment

3. Call Provider or Visit the Nearest Emergency Room:

- Severe pain not controlled by prescribed pain medication
- Severe swelling and bruising
- Fevers over 100.4 degrees
- Facial weakness or smile asymmetry

4. Wound Care:

- Apply antibiotic ointment: Apply moisturizer 2-3 times daily
- Apply gentle moisturizer: Apply gentle moisturizer to the skin twice daily for 1 week after treatment
- Avoid sun exposure: Avoid sun exposure after treatment to reduce the chance of hyperpigmentation
- Avoid drying agents: Avoid drying agents such as retinol or acids (salicylic, glycolic, etc.) for 3 weeks after the procedure.
- Avoid Picking or Scratching: Do not pick at scabs or scratch the incision area, as this can lead to infection and increased scarring.

5. Activity Restrictions:

- Rest and Avoid Strenuous Activities: Give your body time to heal by avoiding heavy lifting (20 lbs.), vigorous exercise, and activities that could strain the surgical area for at least two weeks post treatment.
- Do not drive if taking narcotic pain medication.

6. Medication Adherence:

- Pain Management: Take prescribed pain medications directed to manage discomfort without overuse.
- Antibiotics: Complete the full course of prescribed antibiotics to prevent infection.
- Other Medications: Follow instructions for any other medications prescribed, such as anti-inflammatories, anticoagulants, or antiemetics.

____Patient Initials

Kevin Caceres, MD

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7. Diet and Hydration:

- Healthy Diet: Eat a balanced diet rich in vitamins and minerals to support the healing process. Include plenty of fruits, vegetables, lean proteins, and whole grains.
- Hydration: Drink plenty of water to stay hydrated, which aids in the healing process.

8. Avoid Smoking and Alcohol:

- No Smoking: Avoid smoking, as it can significantly impair healing and increase the risk of complications.
- Avoid Alcohol: Avoid alcohol consumption for at least two weeks post operation, as it can interfere with medications and the healing process.

9. Follow-Up Appointments:

- Attend All Scheduled Visits: Keep all follow-up appointments with Dr. Caceres to monitor your healing progress and address any concerns.
- Report Complications: Contact our office immediately if you experience signs of infection (e.g., increased redness, swelling, warmth, or drainage), excessive pain, or any other unusual symptoms.

Additional Tips

- Comfort Measures: Use ice packs as directed to reduce swelling and discomfort. Elevate the surgical area if recommended.
- Clothing: Wear loose, comfortable clothing that does not rub or irritate the surgical site.
- Emotional Well-being: Take care of your emotional health by getting adequate rest, managing stress, and seeking support from family and friends.

For any questions or concerns during your recovery, please contact our office at 727-870-3223 or email us at tc.ent.contact@entaaf.com. We are dedicated to supporting you throughout your recovery and ensuring the best possible outcome from your surgery.

MY SIGNATURE BELOW INDICATES I HAVE READ, UNDERSTAND, AND AGREE TO FOLLOW THE POST OPERATIVE INSTRUCTIONS STATED IN THIS POLICY.

Witness Signature

Patient / Agent / Guardian Signature

Date Signed

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