

## Morpheus8 V — Pre-Treatment Instructions

### 1 **Shave or Wax 24–48 Hours Prior**

The treatment area must be clean-shaven. Shave or wax at least 24 hours — but no more than 48 hours — before your appointment.

### 2 **No Topical Products Day-Of**

Avoid applying creams, lotions, perfumes, or deodorants to the treatment area on the day of your procedure.

### 3 **Reschedule if Menstruating**

Please reschedule if you are on your menstrual cycle. Treatment cannot be performed during active menstruation.

### 4 **No Active Infections**

Notify your physician of any active vaginal infections, cold sores, or open sores. Treatment must be postponed until fully resolved.

### 5 **Hydrate Well**

Drink plenty of water in the days leading up to treatment. Good hydration supports optimal tissue response and healing.

### 6 **Wear Comfortable Clothing**

Arrive in loose, breathable clothing. Tight underwear or restrictive bottoms may cause discomfort after treatment.

### 7 **Arrive Relaxed & On Time**

A topical numbing cream will be applied before treatment. Arrive 15 minutes early if requested by our team.

### **Please Inform Us If You Have Any of the Following:**

Pacemaker or metal implants in pelvic area · Active cancer · Pregnancy or breastfeeding · Uncontrolled diabetes  
· History of keloid scarring · Blood clotting disorders

## Morpheus8 V — Post-Treatment Instructions

### 1 **Expect Normal Side Effects**

Mild swelling, redness, tenderness, and warmth are normal for 48–72 hours. Pinpoint bleeding at needle sites may occur and is expected.

### 2 **Abstain from Sexual Activity**

Avoid intercourse, tampon use, and internal vaginal products for a minimum of 72 hours after treatment, or as directed by your physician.

### 3 **Gentle Cleansing Only**

Rinse the external area with mild, unscented soap and lukewarm water. Avoid scrubbing or scented products for at least 5 days.

### 4 **Avoid Heat & Strenuous Activity**

Skip hot baths, saunas, steam rooms, and swimming for 72–96 hours. Lukewarm showers are fine.

### 5 **Moisturize as Directed**

A physician-recommended topical (e.g., Aquaphor) may be applied sparingly to the external area. Do not self-introduce any internal products.

### 6 **Pain Management**

Acetaminophen (Tylenol) may be taken as needed. Avoid ibuprofen and aspirin for 48 hours post-treatment to minimize bleeding risk.

### 7 **Results Timeline**

Initial improvements may appear in 3–4 weeks. Full collagen remodeling develops over 3–6 months. A series of 3 sessions is typically recommended.

### 8 **Follow-Up Appointment**

Please schedule your follow-up visit as recommended. Contact our office at (956) 540-2000 with any questions or concerns.

### **Contact Jennifer Almonte MD Immediately at (956) 540-2000 If You Notice:**

Severe pain not relieved by Tylenol · Unusual or heavy discharge · Signs of infection (fever, increasing redness, foul odor) · Difficulty urinating