SANTA MONICA EYE MEDICAL GROUP

ENVISION: FORMA/FORMA-I, LUMECCA, & MORPHEUS8
Pre & Post Treatment Instructions

Pre-Treatment Preparations

- Avoid skin irritation or intentional skin tanning. Sunscreen is advisable when outdoors during daylight hours.
- Discontinue any irritant topical agents for 2-3 days prior to treatment.
- Avoid being freshly tanned or using a sunless tanner prior to treatment for at least 2 weeks.
- If applicable, you are instructed to shave the area being treated prior to their scheduled treatment.
- Please arrive for treatment with clean skin. There should be no lotion, make-up, perfume, powder, or bath/shower oil present on the skin in the area to be treated.
- A topical anesthetic should be used only as directed by a staff member and only if necessary.
- Areas of dental crowns, caps, braces, or other metal dental implants may be more sensitive to treatment, and the clinician may use dental rolls, gauze, or a tongue depressor to isolate the area and make the treatment more comfortable.

Post-Treatment Care

FORMA/FORMA-I

- Skin cooling is NOT recommended.
- Avoid very hot water for 2 days after the treatment.
- Avoid scrubbing, pinching and etc., of the treated area.
- Moisturizer and makeup may be applied to the skin surface immediately after post-treatment.
- After each treatment session, please contact our office at (310)829-5475 if there is any indication of infection, excessive swelling, redness, pain, or any other unusual or untoward symptom.

LUMECCA IPL

- Sun block should be used for 3 weeks following the treatment.
- Moisturizer may be applied after each treatment.
- Make-up may be applied immediately after the treatment.

MORPHEUS8

- Immediately after treatment, most patients will experience erythema (redness) for 1-3 days, however, for more aggressive treatments, this may last longer. Slight to moderate edema (swelling) and a mild to moderate sunburn sensation are also common post-treatment and may last 1-3 days. The skin may crust and peel for 2-7 days, depending on treatment settings.
- Before discharge, a topical ointment may be applied to the face, no bandages or wraps are necessary.
- There are no restrictions on bathing except to treat the skin gently and avoid scrubbing or trauma to the treated area.
- Avoid sun exposure to reduce the chance of hyperpigmentation.
- The use of a zinc oxide sunblock SPF 30+ at all times after 24-48 hours.
- Multiple treatments over a period of several months may be required to achieve the desired response.