

Nature of the Procedure

Morpheus8 combines radiofrequency energy with microneedling. Gold-plated stainless-steel microneedles deliver energy at a depth of 0.5–8 mm, heat the tissues, stimulate collagen and elastin, tighten existing fibres and remodel fatty tissue. Morpheus8 is FDA certified for efficacy and safety.

Indications for the face, neck and décolleté: rejuvenation and tightening; wrinkles and fine lines; improved texture and pores; acne and post-acne scars.

Indications for body areas: stretch marks; cellulite; scars; localised fat deposits; stubborn cellulite; loose skin after weight loss or childbirth.

Course and Expected Results

- Usually 3 procedures at 4-week intervals; fewer may be sufficient for a mild concern, while more may be needed for significant laxity or deep scars.
- The expected effect after the first procedure is usually less pronounced than the result after completing the recommended course. The number of procedures, the intervals between them and the individual treatment parameters are determined after assessing the condition and characteristics of the skin. The degree and duration of the achieved result are individual and cannot be guaranteed.

Possible Reactions

- redness, swelling, local pain, micro-wounds and peeling;
- in very rare cases: crusting, blisters, burns or changes in the skin's natural texture;
- hyper- or hypopigmentation;
- scarring;
- redness and swelling may persist for up to 3 weeks as part of the normal response;
- burns, pigmentation changes and scars are rare, but the risk is higher in dark skin without correct aftercare;
- report any adverse reaction immediately;

Important

At Body Aesthetics Laser Centre, the Morpheus8 procedure is performed only after a mandatory consultation and exclusively by Dr Valentina Tracheva.

Contraindications

- filler in the area within the last 6 months or Botox within the last 2 weeks;
- use of retinoids or other cosmetics containing acids;
- pregnancy, breastfeeding or age under 18; allergy to medication/anaesthetics, including lidocaine;
- pacemaker, defibrillator, glucose monitor or another electronic implant; metal, silicone or injected chemical substance in the area;
- cancer/history of cancer, especially skin cancer, or premalignant/malignant moles;
- immunosuppression, AIDS/HIV or immunosuppressive medication;
- severe heart, liver or kidney disease, epilepsy, uncontrolled hypertension; uncontrolled diabetes/thyroid dysfunction;
- heat-triggered illness, including systemic herpes;
- active wounds, ulcers, psoriasis, eczema, rash, excessive/active tan; very dry/fragile skin; keloids or impaired healing; a condition that hinders healing;
- coagulopathy or anticoagulants within the last 10 days;
- Accutane/isotretinoin within the last 6 months;
- facial surgery within the last year; dermabrasion, resurfacing or deep peeling within the last 3 months.

Preparation Before the Procedure

- Do not drink coffee on the day; avoid alcohol for several days before and after the procedure. Eat beforehand and be in good general health.
- Do not undergo laser hair removal or exfoliate the area for at least 1 week before the procedure.
- Avoid active sun exposure and solariums for at least 2 weeks before and after the procedure; do not use self-tanner for at least 1 week beforehand.
- On the day, do not apply irritating creams, lotions, make-up or deodorant; use only recommended moisturiser and SPF. Wear loose clothing covering the area.
- Do not use a sauna, steam bath or heated pool for at least 48 hours before and 10–14 days after the procedure.
- Do not exercise for 3 days after the procedure and follow the recommended aftercare strictly.

Information You Must Share with the Therapist

- hormonal/endocrine disorders: imbalance, polycystic ovary syndrome, diabetes, Hashimoto's disease and others;
- other illnesses and recent cosmetic/injectable procedures;
- alcohol/cigarette use; pregnancy, breastfeeding or menstruation;
- medication, anticoagulants, allergies and all listed implants/conditions.



Client Declaration

- I have read and understood the information, preparation, aftercare, warnings and possible reactions.
- I have provided complete and accurate information and have not withheld any contraindication or health-related circumstance.
- I will notify Body Aesthetics of any change during the course: medication or cosmetic product, illness, allergic reaction, pregnancy, or another medical/cosmetic procedure.
- I understand that reactions and results are individual and may depend on my body, health and hormonal status, lifestyle, diet and physical activity.
- I consent to the maintenance of a personal record containing information about the procedures performed.
- I had the opportunity to ask questions and received comprehensive answers; I consent to the procedure being performed.
- I understand that Body Aesthetics and the therapist are not liable if I fail to follow the instructions or to report a change.

☐ I have read and understood the conditions and contraindications for the Morpheus8 procedure.

☐ I have read the BODY AESTHETICS PRIVACY AND PERSONAL DATA PROTECTION POLICY and the Terms and Conditions published on the website, and I agree to them.

Photographs and Measurements

1. For recording and monitoring results:

☐ I AGREE

☐ I DO NOT AGREE

2. For publishing images approved by me, showing "before/after" results, on Body Aesthetics social media and website:

☐ I AGREE

☐ I DO NOT AGREE

Client Details and Signatures

Full name

Date of birth

Telephone

Email

Date

Client signature

Therapist name and signature