

What is the Secret Duo?

Morpheus8 is a minimally invasive Subdermal Adipose Remodeling Device (SARD) that combines radiofrequency with microneedling to tighten, reshape, and promote new collagen and elastin on the face and body.

How does the Secret Duo work?

Secret Duo combines fractional radiofrequency (RF) microneedling with a 1540nm erbium glass laser. The RF Microneedling uses tiny gold-plated microneedles to deliver precise, controlled energy at various depths to stimulate and remodel your skin from the inside out.

The non-ablative 1540nm erbium glass laser emits high precision microbeams with a wavelength that penetrates deep into the dermis. Here it creates controlled, narrow channels of damage that stimulate skin repair, remodeling and collagen production to reduce the appearance of scars, wrinkles and hyperpigmentation, without causing significant trauma to the outer layers of your skin.

What are the benefits of the Secret Duo?

Optimal results are seen 90 days after a series of treatments

- Addresses signs of ageing such as fine lines + wrinkles, skin laxity, crepey skin, and hyperpigmentation
- Improves the appearance of stretch marks, surgical scars, and acne scars
- Smooths skin texture and appearance of pores
- Leaves you with a smoother, brighter and more evenly toned complexion
- Safe for all skin types

Pre-Treatment Care

Prep the skin using the recommended Environ system for optimal results

- The treatment requires a topical numbing cream which is applied up to 60 minutes prior to treatment
- Consider taking Arnica tablets 1-2 weeks prior to treatment to minimize the risk of bruising
- Avoid taking NSAIDS (Aspirin, ibuprofen, etc.), Vitamin E, Fish oil, Gingko Biloba, Ginseng, and St. John's Wart to reduce your risk of bruising and swelling.
- Discontinue any treatment topicals and prescription medications as directed _____
- No sun exposure, tanning beds, and sunless tanning cream for 1 week prior to treatment. Use a broad-spectrum UVA/UVB mineral sunscreen with an SPF 30+. We recommend EltaMD/Alastin/Brush on Block.
- Remove all makeup, creams or oils prior to treatment
- Wait 2 weeks after facial injections, laser treatments, or chemical peels before starting treatment

What can I expect during and after treatment?

The intensity and duration of your side effects depends on the level of treatment and your individual healing characteristics

- Procedures will last approximately 45 minutes depending on the area(s) treated
- Minimal pinkness/redness may last for up to 1 week
- Mild-moderate swelling is normal. This may cause the skin to feel tight
- Superficial bruising may occur, typically around the eyes
- Small treatment marks may be present post-procedure. This is temporary

Post-Treatment Care

It is advised to follow post care instructions to aid in the proper healing of the skin

- Apply post care regimen as directed to promote healing and repairing
- No sun exposure, tanning beds, and sunless tanning cream for 2 weeks after treatment
- Use a broad-spectrum UVA/UVB mineral sunscreen with a SPF 30+, after 24+hours. We recommend EltaMD or Powder-Me SPF
- Avoid using topical prescriptions, exfoliants, or cosmetics for 72 hours
- Do not pick, remove, or pull at any peeling skin as scarring may occur
- When touching the skin post treatment, make sure your hands are clean to avoid spreading bacteria, and to prevent infection to the treated skin

We treat your skin.
You treat yourself.

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HEALTHY COMPLEXIONS SPA

by Western New York Dermatology

- Bathe & shower as usual – treated areas may be temperature-sensitive
- Do not shave the treated area if crusting is evident
- Avoid swimming, hot tubs, jacuzzis, and saunas
- Avoid working out or activities that cause excessive sweating

Possible Side Effects

Sun, tanning beds, and not adhering to the post treatment instructions provided to you may increase your chance of any complications

- Prolonged itching, redness, blistering, crusting
- Severe bruising and/or pinpoint bruising can occur post treatment, and can last 1+ -week post treatment
- Small needle marks may be present for a few days to a week post-procedure
- Reactivation of oral herpes virus may occur
- A flare-up of acne or formation of milia may occur. These symptoms usually resolve quickly

Contraindications

- Pacemaker or internal defibrillator, or other metallic or electronic implant anywhere in the body
- Permanent implant in the treated area such as metal plates, screws and metal piercing or silicon, unless deep enough in the periosteal plane
- Pregnancy and nursing
- Severe concurrent conditions, such as cardiac disorders or sensory disturbances
- Any active skin condition in the treatment area, such as sores, psoriasis, eczema, and rash
- History of skin disorders, keloids, abnormal wound healing, as well as very dry and fragile skin
- Excessively tanned skin from sun, tanning beds or tanning creams and sprays within the last 4-6 weeks
- History of bleeding coagulopathies or use of anticoagulants within 10 days prior to treatment
- Any facial surgery performed 3 months prior to treatment
- Facial dermabrasion, facial resurfacing, or deep chemical peeling within the last three months, if face is being treated
- Having received treatment with light, laser, RF, or other devices in the treatment area within 2 weeks prior to treatment.
- Intra-dermal or superficial sub-dermal areas injected with Botox®/HA/collagen/fat injections or other augmentation methods 2 weeks prior to treatment
- Use of Isotretinoin (Accutane®) within 6 months prior to treatment
- Use of non-steroidal anti-inflammatory drugs-(NSAIDS, e.g., ibuprofen-containing agents) 1-week before
- Treating over tattoo, permanent makeup, or hair bearing surfaces

Consent

- I understand that multiple treatments may be necessary for optimal results
- I understand results may vary depending on skin condition, skincare regimen, and daily SPF use
- I understand, although highly unlikely, it is possible that I will not experience any noticeable result from the procedure
- Results cannot be guaranteed, given that each body may react differently
- I understand that sun exposure, as well as not adhering to the post treatment instructions provided to me, may increase my chance of complications
- I consent to photographs being taken and used to evaluate treatment effectiveness, for medical education, training, professional publications, or sales purposes
- Before and after-treatment instructions have been discussed with me. The procedure, potential benefits and risks, alternative treatment options, and a customized skincare plan has been explained to my satisfaction
- I have read and understand all information presented to me Before consenting to treatment and I have had all my questions answered

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