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PATIENT INFORMATION

Morpheus8

Radiofrequency microneedling
for skin tightening and texture

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Sevenoaks & Oxted

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This booklet explains Morpheus8 treatment, what to expect, and the side effects and risks.

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01 Why you have this booklet

You've been given this booklet because you have talked to Mr Kumar about Morpheus8, or you're about to.

It explains how the treatment works, what to expect, and the side effects and risks.

It won't answer every question, and it isn't a substitute for talking things through with Mr Kumar, so please note down anything you want to ask and bring it to your next appointment. There is space for your questions at the back.

02 What Morpheus8 is

Morpheus8 uses fine needles to deliver radiofrequency energy into the deeper layers of the skin. This creates controlled micro-injuries and heat that stimulate new collagen and elastin, firming the skin and improving texture.

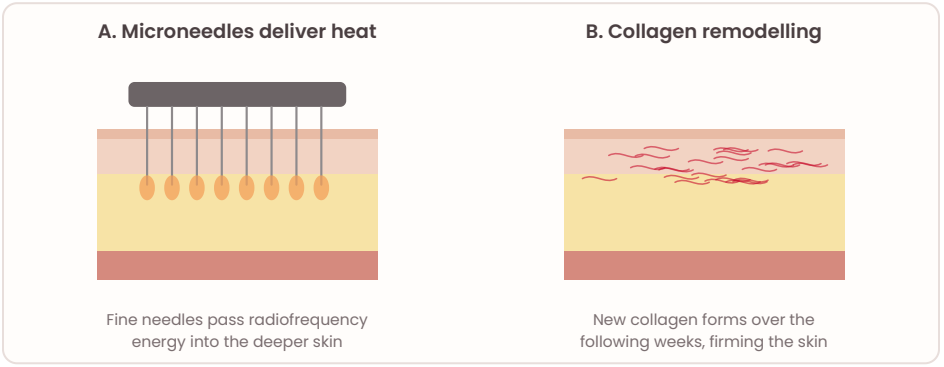


Figure 1. How radiofrequency microneedling works. A simplified drawing for guidance only.

It is used for mild loose skin on the lower face and neck, fine lines, uneven texture, acne scarring and stretch marks. Up to three sessions, 4–6 weeks apart, are often recommended.

03 Is it right for you?

You're likely to be a good candidate if:

- ✓ you have mild skin laxity or texture concerns
- ✓ you are not prone to pigment problems or keloids

What the treatment won't do

− **It won't replace a facelift** for significant sagging.

Please tell Mr Kumar if you have, or have had

- a tendency to pigment changes, keloid or thickened scars
- a pacemaker, defibrillator or metal implants in the area
- you are pregnant or breastfeeding
- an active skin infection, eczema or cold sores
- you take medicines that make the skin sensitive to light
- a recent tan

04 Other options

You don't have to have this treatment. Depending on what bothers you, the alternatives include:

- CO_2 laser resurfacing
- skin care and chemical peels
- surgery for more significant laxity

05 What you can expect from the result

Days 1–3
Redness and swelling

4–6 weeks
Early improvement

3 months
Best result

06 Getting ready

To prepare your skin and reduce the risk of problems, please:

- **avoid tanning and sunbeds** for at least 4 weeks beforehand, and use SPF 50
- **stop retinoid creams and exfoliating acids** about a week beforehand, unless advised otherwise
- **tell us if you have had isotretinoin (Roaccutane)** in the last 6–12 months
- **tell us if you get cold sores**, as you may need antiviral tablets
- **come with clean skin**, without make-up

07 The treatment

Numbing cream is applied for about 45–60 minutes. The handpiece is passed over the skin in sections. You'll feel heat and pressure. It takes 30–60 minutes.

08 Recovery

- **Use only gentle cleanser and moisturiser** for a few days.
- **Avoid make-up** for 24–48 hours.
- **Use SPF 50 daily** and avoid the sun during your course.

09 Risks and complications

Most people recover without any serious problems. But like any procedure it carries risks, and you should understand them before you decide. Where reliable published figures exist, we've given an approximate, rounded figure. Where they don't, we've used these standard terms:

COMMON	UNCOMMON	RARE	VERY RARE
more than 1 in 100	1 in 100 to 1 in 1,000	1 in 1,000 to 1 in 10,000	fewer than 1 in 10,000

Your own risk may be higher or lower depending on your health, whether you smoke, and the details of your procedure. Mr Kumar will talk through what applies to you.

What almost everyone experiences

These aren't really complications. They're a normal part of healing.

- Redness and swelling for 1–3 days.
- Small grid marks on the skin for a few days.
- Dryness or flaking.

Other complications

- **Changes in skin colour** UNCOMMON
  Darker or lighter patches, more likely in darker skin types. Usually temporary.
- **Breakout of spots or cold sores** UNCOMMON
- **Infection** UNCOMMON
- **Burns or blistering** UNCOMMON

Rare but serious complications

Please read this section carefully.

- **Scarring** RARE

10 Further treatment

Many people choose to repeat treatment to maintain the result. If a small adjustment is needed, it is usually done at your review appointment.

11 Photographs and records

Photographs are taken before and after your procedure and kept in your medical records. They help Mr Kumar plan your treatment, record how things looked beforehand and follow your progress. This is standard good practice. If we ever want to use your photographs for teaching, publication or marketing, we will ask you separately and specifically, and saying no won't affect your care in any way.

12 Costs and time to think it over

You'll receive a written quote covering your treatment, aftercare and any follow-up included in the price, together with our deposit and cancellation policy. Self-pay consultations cost £250 and follow-ups £150.

Time to think it over

You don't have to decide on the day. Many people prefer to go away and think about it. You can change your mind at any point before treatment, and you don't need to give a reason.

13 Your decision

This is your decision and you have the right to:

- take as long as you need to decide, and bring someone with you to appointments
- say no to treatment, or withdraw your consent at any stage, without having to explain why and without it affecting any other care you receive
- ask for a second opinion from another surgeon.

14 Your personal information

Your personal and medical information is kept securely and used in line with UK data protection law (the UK GDPR and the Data Protection Act 2018). It's only shared with the people directly involved in your care, or where the law requires it, unless you give your consent for anything else.

15 Who to contact, and when to get help urgently

If you have any questions or worries, please contact the clinic during opening hours on **020 3026 9695** or **info@theuclinic.com**.

Contact us promptly if you have

- swelling, redness or pain that is getting worse, or a temperature
- lumps that are tender, red or hot
- anything unexpected that worries you

Out of hours, your emergency contact number will be given by the treating hospital or clinic.

16 What happens next

Before your treatment, Mr Kumar will go through this information with you and ask for your written consent. If anything in this booklet has raised a question, or if anything changes with your health or medication before then, please let us know.

My questions

Note down anything you want to ask Mr Kumar and bring it to your next appointment.

Notes

Notes

Questions or worries?

Please contact the clinic during opening hours. Out of hours, your emergency contact number will be given by the treating hospital. In an emergency, call 999.

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