



1 OF ONLY 2
MORPHEUS8
TOP PROVIDERS
IN NEW HAMPSHIRE



HUNDREDS
OF TREATMENTS
PERFORMED
ANNUALLY



PHYSICIAN-LED
ADVANCED
PROTOCOLS
EXPERT OVERSIGHT



ADVANCED
ZONE-BY-ZONE
CUSTOMIZATION

Your Guide To **MORPHEUS8**



RESTORE YOUTHFUL LOOKING SKIN

Morpheus8 is an advanced radiofrequency microneedling treatment which delivers controlled heat beneath the skin's surface at multiple depths, triggering a natural healing response which results in the production of new collagen and elastin.

Treatments can be customized for different areas of the face and body to address multiple concerns such as fine lines, wrinkles, scars, uneven texture, excess fat deposits, and loose skin.

UNDERSTANDING YOUR SKIN. ELEVATING YOUR RESULTS.

We believe your experience is better when you understand not only what we are doing, but why we are doing it. Learning how your skin changes over time, how Morpheus8 stimulates renewal, and what to expect before, during, and after treatment can help you feel more comfortable and confident throughout the process. It also helps you prepare properly, care for your skin during recovery, and recognize that meaningful collagen remodeling takes time.

This guide was created to give you the information you need to participate fully in your care and approach your treatment with clear, realistic expectations. It is intended for general education and does not replace a personalized consultation.

Your Guide To MORPHEUS8

1%

PER YEAR

Beginning in your twenties. Invisible, and relentless.

30%

BY AGE 50

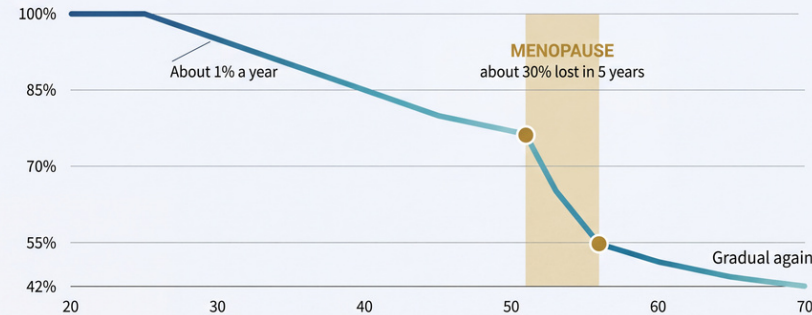
A quarter to a third of the collagen you had in early adulthood.

30%

IN 5 YEARS

Studies suggest this much may be lost after menopause.

COLLAGEN AS A PERCENTAGE OF ITS PEAK



Collagen as a percentage of its peak. The slow decline is invisible for decades. The 5 years around menopause are what most women actually notice. Figures are approximate and vary between individuals.

We start losing collagen surprisingly early - often estimated at about one percent per year beginning in our twenties.

One percent does not sound dramatic. Over decades, it adds up.

WHEN A WOMAN SAYS “MY FACE IS MELTING” WE KNOW WHAT SHE MEANS

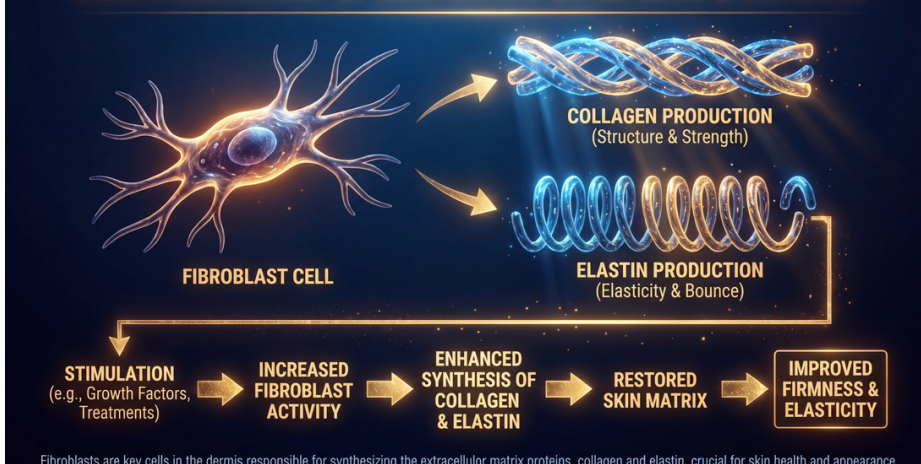


SKIN CARE HAS ITS LIMITS

Excellent skincare remains important for protecting the skin, maintaining hydration, improving tone, and supporting healthy cell turnover. But even the best products have limits. They cannot fully replace the collagen and elastin lost with age, hormonal changes, and years of sun exposure.

Treatments such as Morpheus8 work within the deeper layers of the skin, where they can stimulate the remodeling and renewal that topical products simply cannot achieve on their own.

SKIN FIBROBLASTS: RESTORING COLLAGEN & ELASTIN



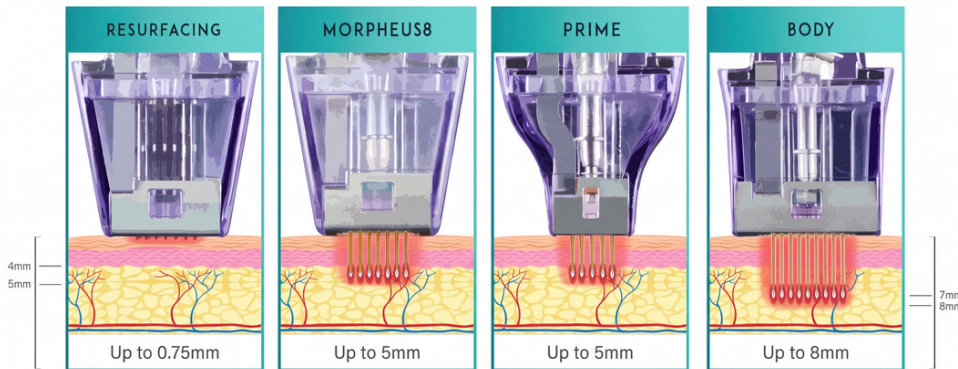
Fibroblasts are the cells in your skin responsible for producing collagen, elastin, and other substances that keep it firm, flexible, and hydrated. As we age—and especially as estrogen declines around menopause—these cells receive fewer of the signals that once kept them active. They become slower and less productive, but they do not disappear.

If you cut or wound yourself, you heal. That’s in part your fibroblasts in action. With the right stimulus, fibroblasts can be encouraged to become active again and begin rebuilding the skin’s support structure.

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Your Guide To MORPHEUS8

DEPTH OF PENETRATION



Radiofrequency microneedling treatments such as Morpheus8 stimulate renewal in two complementary ways. The microneedles create tiny, controlled injuries in the skin, while radiofrequency energy delivers precise heat at carefully selected depths beneath the surface.

Together, these signals activate the body's natural healing cascade, prompting fibroblasts to become more active and begin producing new collagen and elastin.

Skin Condition	Treatment Goal
Fine lines, crepey skin	Improve smoothness and support as collagen rebuilds.
Mild to moderate looseness	Improve firmness and definition.
Acne scars, rough texture	Soften selected scars and improve overall texture.
Early jowls or neck change	Improve the look of the jawline and neck.
Lost facial volume	Improve the skin without replacing missing fullness.
Unwanted Fat	Selected areas may be treated with the goal of reducing bulging fat (ex: chin, heavy jowl)
Stretch Marks or Cellulite	Reduce Appearance/Remodel Scar Tissue

ONE TREATMENT - MANY POSSIBILITIES

Morpheus8 is not a one-setting-fits-all treatment. The appropriate depth and energy depend on the area being treated, the thickness of the tissue, the condition of the skin, and the desired result.

An experienced clinician understands how to evaluate these differences and deliver the right amount of energy at the right depth.

The technology is important, but the skill and judgment of the person using it are what turn that technology into a thoughtful, individualized treatment.



Many patients worry that Morpheus8 will reduce healthy facial fat and leave the face looking hollow. Facial fat is an important part of youthful structure. Morpheus8 allows us to adjust the treatment depth and energy zone by zone, so we can focus on the skin and supporting tissue while avoiding unnecessary treatment of deeper fat. **Fat remodeling is only considered intentionally in carefully selected areas**—such as beneath the chin or along a heavy jowl—when it supports the patient's goals. This is another reason why thoughtful planning, conservative settings, and an experienced clinician matter.

Your Guide To MORPHEUS8

Morpheus8 Contraindications

Who should wait, and who should not be treated. Reviewed at every consultation.

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CONTRAINDICATION	WHAT IT MEANS	CONTRAINDICATION	WHAT IT MEANS
 Pregnancy	Not performed during pregnancy. Safety has not been established.	 Implanted electronic device	Pacemaker, defibrillator, neurostimulator or similar. Radiofrequency energy is not used.
 Compromised immune system	Active chemotherapy, immunosuppressive therapy, or poorly controlled autoimmune disease.	 History of keloid scarring	A tendency to form thick raised scars. Discussed case by case, often with a test area first.
 Suspicious lesion in the zone	Any new or changing mole or growth is evaluated first. We treat around it or defer.	 Recent isotretinoin (Accutane)	Use within the past 6 months. We wait for skin healing to normalize before treating.
 Active infection, wound or burn	Cold sores, acne cysts, open skin or a recent burn in the treatment zone. Treat, then reschedule.	 Also tell us about	Blood thinners, permanent fillers, recent injectables, or a history of poor healing.

This is a general guide, not a complete list and not personalized medical advice. Every candidate is screened by a licensed provider who reviews your full medical history, medications and prior treatments before any Morpheus8 session.

REDEFINE THE WAY YOU AGE

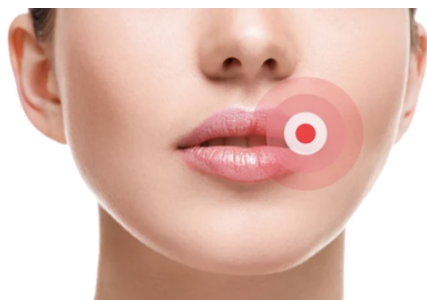


The ideal candidate for collagen restoration procedures is someone

- in good general health
- without any of the listed contraindications
- with realistic expectations
- who is able to comply with post care

Lidocaine is used for procedure numbing- both topical and in some cases injectable. Thus a history of lidocaine allergy is an additional contraindication to the procedure. Let us know if you have a sensitivity to Epinephrine as this component can be minimized or eliminated.

PROPHYLAXIS RECOMMENDED



History of Recurrent Cold Sores or Shingles?

The stress of treatment can occasionally reactivate these viruses. Antiviral medication is generally recommended before and after treatment to reduce the risk of an outbreak. Your provider will determine the appropriate medication and timing based on your history and treatment plan.

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Morpheus8 Comfort Measures

This is not a test of endurance. Comfort is a plan we make in advance.

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COMFORT MEASURE	WHAT IT DOES	COMFORT MEASURE	WHAT IT DOES
 Strong topical numbing	Numbs the skin surface before treatment. We control the amount and how long it stays on.	 Journavx	A prescription, non-opioid pain medication that may be an option for some adults. We review your health, other medications and interactions before prescribing.
 Local anesthetic and nerve blocks	Numbs a specific area more deeply. Useful for certain facial and body zones, and given only when appropriate.	 Cooling	Cold air and cold masks during and after treatment take the edge off the heat and reduce swelling.
 ProNox	A patient-controlled blend of nitrous oxide and oxygen that can lower pain and anxiety during treatment. Not right for everyone, so we screen you first.	 Pacing and pauses	Treating in sections, telling you what comes next, and pausing when you need it makes a real difference.

Your comfort plan is personal. The area treated, the planned depth and energy, your medical history and your past experiences all matter. You may not need every option, and some may not be safe for you. Tell us early if you are anxious, tend to faint, become nauseated, or have felt under-numbed during past procedures.

REDEFINE THE WAY YOU AGE

Morpheus8 typical downtime

Face and neck recovers in days. Body zones take weeks. Plan accordingly.

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WHAT TO EXPECT	FACE AND/OR NECK ZONES	BODY ZONES
Redness, possible mild grid pattern	Day 1-3 Makeup may be worn after 24 hours. Oxygenetix foundation can be used the next day.	Multiple weeks, most noticeable in weeks 1-4, then gradually fades over another 2 to 4 weeks Rashy appearance is common, like "scratch marks", as well as grid pattern. This is expected. Keep the skin well moisturized. Avoid sun exposure.
Sunburn-like sensation	Day 1-2	Day 1-5
Swelling or puffiness	Day 1-3 Possibly longer if fat remodeling settings were used, for example the double chin region. Most noticeable around the eyes.	Day 1-7
Dryness, flaking	Day 2-3, typically minor	Day 2-7
General notes	Most feel comfortable returning to work and usual social activities within 48 hours, if not sooner. Post-procedure cold mask use and sleeping with the head slightly upright are very helpful to reduce this. Some variation in duration of downtime exists depending on the treatment setting used. Discuss any downtime concerns in advance with your provider.	It may take 6 to 8 weeks for visible redness to fully resolve. Take this into account when scheduling around vacations and during the warmer months of the year.
Bruising	Happens occasionally, in any treated zone. Let us know if you experience it. We offer a complimentary DermaV laser bruise treatment to help it resolve quickly. It takes just a couple of minutes, it is not painful, and it works best when the bruise is fresh.	

Individual recovery varies with the treatment area, the depth and energy selected, your skin and your health. This is a general guide and not personalized medical advice.

REDEFINE THE WAY YOU AGE

Your Guide To MORPHEUS8

Morpheus8 frequently asked questions

RENEW MEDISPA PATIENT GUIDE

These answers are a general overview of Morpheus8 treatment. Your clinician will make personalized recommendations based on your anatomy, skin condition, medical history and goals.

QUESTION	ANSWER
 How many treatments will I need?	Many patients benefit from a series of three treatments, usually spaced four to six weeks apart. The number recommended depends on your skin quality, degree of collagen loss, treatment area and goals. Most of our clients see visible improvement with each session, and it may take multiple sessions to reach the ideal result.
 Is Morpheus8 safe for all skin types and tones?	Morpheus8 can be used safely across a broad range of skin tones, because radiofrequency energy is delivered beneath the skin rather than targeting pigment.
 Can Morpheus8 be performed at any time of year?	Yes. Morpheus8 can generally be performed year-round, provided the skin is not actively sunburned and you can protect the treated area from excessive sun exposure during healing.
 Will Morpheus8 melt my facial fat?	Healthy facial fat is preserved by selecting appropriate depths, energy levels and treatment areas. At Renew MediSpa, settings are customized zone by zone based on your anatomy. Fat remodeling is only performed intentionally, in carefully selected areas such as beneath the chin or along a heavy jawline, when it supports the treatment goal.
 Can I work the next day?	Most patients can return to work and usual daily activities the following day. Redness, puffiness, tenderness or tiny treatment marks may still be visible. If your work is public-facing, or you have an important event, allow extra days for social downtime.
 When will I see results?	Visible improvement in texture or firmness is often noted within three weeks, and collagen rebuilding continues for approximately 12 weeks after each procedure.
 How long do the results last?	The collagen produced in response to treatment provides genuine structural improvement that can last for years, though the natural aging process continues in the background. Longevity varies with age, skin condition, sun exposure, lifestyle and the number of treatments completed. In most cases we recommend 1 to 2 maintenance sessions per year to restore the collagen loss that occurs with natural aging.

This guide is general information, not personalized medical advice. Your provider reviews your full medical history and treatment goals before any Morpheus8 session.

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Your Guide To MORPHEUS8

Choosing the right Morpheus8 provider

RENEW MEDISPA PATIENT GUIDE

Morpheus8 is a sophisticated medical device, but the technology alone does not determine the quality of your result. The training, experience and judgment of the clinician performing your treatment matter just as much. Before choosing a provider, consider asking these seven questions.

ASK BEFORE YOU BOOK	WHAT A GOOD ANSWER SOUNDS LIKE
1 How much experience do you have with Morpheus8?	 Experience with traditional microneedling, or with another radiofrequency device, is not the same as extensive experience with Morpheus8.
2 Who will perform my treatment?	 Ask about the clinician's credentials, training, and understanding of facial and body anatomy.
3 Will my treatment be customized?	 Morpheus8 should not be performed using one standard setting everywhere. Depth and energy are adjusted to the treatment area, tissue thickness, skin condition, degree of laxity and your goals.
4 How will you protect my facial volume?	 An experienced clinician can explain where healthy facial fat should be preserved, and when fat remodeling is or is not appropriate.
5 Can I see results from your own patients?	 Before-and-after photographs should represent treatments performed by that practice, ideally on patients with concerns similar to yours.
6 What comfort measures are available?	 A thoughtful practice offers options for managing discomfort, and is willing to adapt the comfort plan to your needs.
7 What happens after treatment?	 Ask whether you will receive clear preparation and aftercare instructions, how follow-up is handled, and whom to contact if you have a concern during recovery.



Price is understandably part of the decision, but it should not be the only consideration.

Morpheus8 is a powerful treatment, and your provider should know how to use that power thoughtfully.



Renew MediSpa is proud to be recognized as a Morpheus8 **Top Provider**, one of only two practices in New Hampshire to hold this distinction. Our team performs hundreds of treatments each year using advanced, customized protocols, comprehensive comfort measures and attentive medical follow-up.

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Procedure preparation checklist

RENEW MEDISPA PATIENT GUIDE

Follow these steps before and after your Morpheus8 treatment. Ask us before stopping any prescribed medication.

MEDICATION AND SUPPLEMENTS		BEFORE YOUR VISIT
Arnica and bromelain	Optional. Some clients take an arnica or bromelain supplement before the procedure because they feel it reduces swelling. BruiseMD capsules and topicals are available on Amazon.	
Journavx pre-medication	Optional. Call for a prescription if you want it. Two tablets the night before the procedure, on an empty stomach.	
To reduce the chance of bruising	2 weeks before: stop aspirin, if medically permissible. Stop fish oil, vitamin E, ginkgo biloba and garlic. 1 week before: stop anti-inflammatory medications such as Motrin or ibuprofen, if medically permissible.	
To reduce excessive redness	3 days before: stop potentially irritating products. Retin-A and tretinoin, exfoliating acids (AHA and BHA), topical acne preparations such as salicylic acid and benzoyl peroxide, and strong vitamin C serums of 10 percent or greater.	

DAY OF PROCEDURE		AT YOUR VISIT
Journavx morning dose	If planned, take 1 tablet in the morning. With food is fine.	
Arrive with clean skin	No makeup, including eye makeup if the eye region is part of the treatment zone. Mascara and eyeliner tend to drift onto the skin under the brow and under the eye. Skip moisturizers, oils and sunscreen as well. The less product on the skin, the better.	
Photographs	Photos are taken at each visit and compared with previous images so you can see your progress.	
Numbing time	Expect 45 to 60 minutes of topical lidocaine for face and neck procedures. Body procedures do not require topical, and instead use lidocaine infused into the skin for more adequate numbing.	
Treatment time	Full face and neck: approximately 45 minutes. Body area: approximately 90 minutes.	

AFTER YOUR PROCEDURE		THE FIRST WEEK
Topicals	Use only the topicals we provide for the first 48 to 72 hours.	
Cold therapy	A cold pack or cold mask after the procedure is recommended, and helps reduce swelling.	
Sunscreen and sun	Zinc oxide or titanium dioxide products are best. Avoid chemical sunscreens such as avobenzone, oxybenzone and octinoxate. Avoid excessive sun exposure for 7 days.	
Heat and activity	Avoid excessive heat and swimming for 48 hours. Routine exercise is fine.	