



Please review the following information carefully to achieve optimum results from your treatment and the most comfortable recovery.

Before TriLift® Treatment

- Avoid the sun at least 48 hours prior to your treatment. If you must be in the sun, be sure to wear SPF 30 or greater. If you have a sunburn, your treatment will need to be rescheduled.
- Avoid certain skincare products: Any retinoid (ie. Retin-A, Tretinoin) or acid-based products (ie. salicylic acid, glycolic acid) should be avoided. These can cause severe skin irritation and/or dryness when used before a microneedling treatment. In most cases, it is recommended to avoid these products for 1 week prior to your treatment.
- Avoid taking anti-inflammatory medications because these can block the inflammatory response necessary for collagen production.
- If you have a history of fever blisters, take antiviral medication starting 1 day prior and follow the directions on your prescription.
- If you shave your face, please shave the day before and NOT the day of your triLift treatment.

Post TriPollar “Lift” Instructions:

- In case of excessive edema/erythema (swelling or redness), cool packs or Avene thermal water spray may be used to cool down the area.
- Avoid direct sun exposure immediately after the treatment and if erythema (redness) persists.
- If the treated area is likely to be exposed to the sun, regular application of sun block (at least SPF 30) is recommended.
- Sunscreen may be applied immediately after TriPollar Treatment.
- Sunscreen may be applied 24 hours after triFX (microneedling) treatments.

Post triFX (RF Microneedling):

- Avoid makeup or any skincare products for about 24 hours post triFX (RF Microneedling). In the first 24 hours, only Avene (thermal spring water) or sterile water may be used to soothe skin.
- Within 24 hours to 3 days, tiny micro scabs may appear. It is important not to peel or scrub these scabs off. Scabs will shed off naturally within a couple of days.
- You may have a “sun-burn” sensation for 24-72 hours post treatment. You may also have “stamp marks” from the microneedling – normally subsides within one week.
- Redness and swelling may occur. This is a normal response and duration is typically 1-3 days. You may take Zyrtec or anti-histamine to help with swelling. Cool packs, not ice packs, can be applied, if necessary, to relieve inflammation and provide comfort in the first 36 hours.
- Do NOT use Retin-A, Retinols, Tretinoin, Vitamin C Serum for 7 days post treatment.

- Additionally, hot baths, massage, or any mechanical or thermal damage (ie. Saunas, steam) to the treated area should be avoided.
- Fresh, clean pillowcase recommended post treatment.
- Gentle skin care (gentle cleanser that does not exfoliate nor scrub the skin). See recommended skincare below).
- Gentle moisturizer and mineral makeup that does not cake is recommended, but only 24 hours posttreatment. Recommended to wash makeup brushes prior to using.
- Be sure to apply Sunscreen 30 or higher 24 hours post treatment.

Recommended skincare post your triLift treatment:

Avene Thermal Spring Water, Gentle Foaming Cleanser, Daily Boosting Serum, Derm Protect Barrier Defense, and a Sunscreen with SPF 30 or higher.

Please contact JaLaine Aesthetics and Wellness if you have any concerns regarding your treatment.

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