

TRILIFT AFTER CARE

- **Follow all recommendations made by your provider regarding care for your skin including using approved skincare regime.**
- **Wait at least 4 hours before washing face or applying soap, cream, or makeup to the treatment area.**
- **Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage.**
- **Avoid excessive heat such as hot tubs, saunas, etc. for 1-2 days after your treatment.**
- **Avoid products that may be irritating to the skin for a few days before and after treatment (i.e. products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, vitamin C/ascorbic acid, astringents, etc.).**
- **Bruising, redness, swelling, or a grid pattern may occur and will resolve with time.**
- **More aggressive treatments or use of irritants in the days prior to or after the treatment can lead to longer downtime.**
- **Multiple treatments will be required to optimize results.**
- **Avoid shaving the treated area for 3 days.**
- **Avoid all types of exfoliation including chemical and physical for 3 days.**
- **Notify the clinic of any concerns (blistering, excessive redness/swelling, persistent grid pattern, etc.).**
- **Follow all recommendations regarding resuming your normal skincare regime, as provided by your provider.**
- **Contact your provider with any questions about your skin's appearance.**

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