

Multi-Layer Facial Lifting with the Triple Firm Technique. Webinar Summary.



Presented by **Dr. Thitikom Limrattanamekha**, Thailand* — rationale, treatment protocol, and prospective split-face evidence for a three-modality, full-depth approach to non-surgical facial lifting.

1 General Summary

What Triple Firm is, and why it works

Triple Firm is a multi-layer, full-depth facial lifting protocol combining **three energy-based modalities in one session**: focused ultrasound (HIFU), synergistic radiofrequency + HIFU dotting, and RF microneedling — treating from the SMAS all the way up to the epidermis.

The biology: facial collagen declines ~1% per year after age 30, accelerating after menopause — driven by fat loss, collagen/elastin degradation, and loss of bony support. Regenerative fibroblasts turn senescent with age; HIFU and RF both trigger the wound-healing cascade, restoring a regenerative state.

The study: a prospective split-face trial compared Treatment A (HIFU + Synergy Dotting) vs. Treatment B / Triple Firm (Treatment A + RF microneedling on one randomly assigned side) — isolating the added effect of the third modality.

25 Subjects completed (26 enrolled); Thai men & women, 40–60y	Split-Face Both sides: HIFU + Synergy Dotting; one side + microneedling	Fitz. IV Predominantly female; mild–moderate laxity, moderate photoaging	4.4/10 Mean overall pain score across all three modalities
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2 Usage Tips

Protocol parameters and practical guidance

TREATMENT PROTOCOL (TREATMENT B / FULL TRIPLE FIRM)

Step	Modality	Parameters
1st	HIFU	200 shots/side: 100×4.5mm (line+dot, lower face) · 75×3.0mm (lower face, submental, mid-face) · 25 ×2.0mm (upper face)
2nd	Synergy Dotting	2000 shots/side: 1500×1.5mm (lower & mid-face) · 500×3.0mm (submental)
3rd	RF Microneedling	0.25mm 49-pin insulated tip. Pass 1: 1.0mm / 10W · Pass 2: 0.5mm / 5W ×5 pulses

PRACTICAL TIPS

- Cartridge selection:** 4.5mm targets the SMAS, 3.0mm targets fat. An advanced focused linear cartridge delivers more precise heat than conventional cartridges — less pain, higher energy used safely.
- Firing mode:** Dot mode (60–65°C) for stronger coagulation/fat effect; Line mode (45–50°C) for broad tightening. Adjust the dot:line ratio to the face.
- Peri-orbital area:** both the 1.5mm and 3.0mm Synergy modes improve lower eyelid laxity — an effective targeted option for periorbital aging.
- Sequencing & comfort:** treat deep to superficial (HIFU → Synergy → Microneedling). Synergy is least painful (2/10); HIFU most (4.9/10).
- Chairside expectations:** immediate erythema, mild swelling, and visible tightening are normal right after treatment. Typical downtime is 2–3 days.

Source: Multi-Layer Face lifting with the Triple Firm technique clinical lecture by Dr. Bigg . A prospective split-face study, n=25, conducted at Siriraj Hospital, Thailand.

3 Advantages

Why the third firm earns its place in the protocol

EFFICACY

FASTER RESULTS – JOWL VOLUME REDUCTION

Jowl volume reduction reached significance by 1 month with microneedling (p=0.015), vs. 3 months without

SIGNIFICANT IMPROVEMENT WITH EVERY VISIT – NASOLOBIAL FOLDS VOLUME

Nasolabial fold volume reduction, microneedling side only (p=0.002 / 0.023 / 0.002)

TRIPLE FIRM SPECIFIC – LATERAL BROW, SKIN ROUGHNESS, MAX. WRINKLE DEPTH

Max. wrinkle depth (p=0.005), skin roughness (p=0.048) and lateral brow elevation (p=0.023) significantly improved only on the microneedling side



SAFETY

Stable

Skin tone (ITA angle) unchanged at all time points, both sides — safe in Fitzpatrick IV skin

~15%

Transient erythema; all adverse events mild and self-resolving

4.4/10

Mean pain across all modalities — well within acceptable in-office range

TRIPLE FIRM PROTOCOL SIDE vs. DOUBLE FIRM PROTOCOL SIDE — FULL RESULTS

Endpoint	Triple Firm Protocol Side	Double Firm Protocol Side
Jowl volume reduction	Significant by 1 st month (p=0.015)	Significant by 3 rd month
Lower face volume	Significant by 1 st – 3 rd month	Significant by 1 st – 3 rd month
Nasolabial fold volume	Significant every visit (p=0.002/0.023/0.002)	Not significant
Lateral brow elevation (3mo)	Significant (p=0.023)	Not significant
Skin roughness (R3)	Improved (p=0.048)	Not significant
Max. wrinkle depth	Significant by 1 st month (p=0.025)	Not significant
Skin tone (ITA angle)	Stable, all time points	Stable, all time points

BOTTOM LINE

- Layered lifting works** — the deep protocol (HIFU + Synergy Dotting) delivers real volumetric contouring across jowl, lower face, and nasolabial regions on both sides.
- Microneedling adds skin quality** and appears to accelerate some volumetric results, while independently improving texture, wrinkle depth, and brow position.
- Volume was comparable between sides** — think of the Third Firm as a resurfacing layer, not a volume tool. The study may be underpowered for side-to-side differences given the small sample.
- Safety profile is favorable**, even in darker, pigment-prone (Fitzpatrick IV) skin — with stable pigmentation and only mild, transient adverse events.