

TRIFECTA LASER Pre & Post Care

Pre-Treatment Care

- Avoid sun exposure, tanning beds, and self-tanners for at least 2 weeks prior
- Apply SPF 30+ daily
- Discontinue retinoids, exfoliating acids, and active skincare for 5 days prior
- Avoid waxing, peels, or aggressive treatments for 5–7 days prior
- Notify us of:
 - Cold sores (HSV)
 - Skin irritation or infection
 - Recent antibiotics or medication changes
- Arrive with clean, makeup-free skin
- Medical-grade skincare prep is highly recommended

Post-Treatment Care

The Trifecta combines BBL (pigment/redness), MOXI (surface renewal), and HALO (deeper resurfacing) —expect a more intensive healing process with more dramatic results.

What to Expect (Timeline)

Day 0–1:

- Moderate redness, warmth, and swelling
- Sunburn-like sensation

Day 1–3:

- Increased redness and swelling
- Pigment darkening
- Skin begins to feel tight and textured

Day 2–5:

- MENDS develop (sandpaper texture)
- Bronzed/darker appearance

Day 5–7+:

- MENDS and pigment flake off naturally
- Skin reveals a brighter, smoother, more even tone

| Full results continue to improve over 4–6 weeks

Swelling & Comfort Management

Swelling is expected and may last several days

May use:

- Cool compresses
- Antihistamines (Zyrtec/Claritin)
- Sleep with head elevated

Skincare & Healing

Use only gentle cleanser + hydrating moisturizer

Keep skin well hydrated

Avoid:

Retinoids, Vitamin C, acids, and exfoliants for 7 days or until fully healed

Picking, rubbing, or exfoliating

Activity & Heat Restrictions

Avoid for 48 hours:

- Exercise or sweating
- Hot showers directly on the face
- Saunas, steam rooms, hot tubs

Sun Protection (CRITICAL)

Strict sun avoidance during healing

Apply SPF 30+ daily and reapply every 2 hours

Wear hats and protective clothing

Makeup

- Mineral makeup may be worn after 24–48 hours, if skin is intact

When to Contact RN Esthetics

- Blistering, oozing, or crusting
- Severe swelling or increasing pain
- Signs of infection
- Any unexpected reaction

Pro Tip

The Trifecta is our most advanced laser treatment—delivering correction + collagen stimulation + long-term skin transformation. Results continue to improve for weeks and are best maintained with a personalized treatment plan.