

Accent XL Suggested Treatment Protocol for the Abdomen, Buttocks, Thighs and Upper Arms

Basics fundamentals to treatment of the Abdomen, Buttocks, Thighs and Upper arms:

- Treatments on areas with greater fullness (fat) and large surface areas should initially set from 120 Watts up to 200 Watts based on clinical end-points and patient tolerance.
- Treatment interval duration on these areas is recommended at 60 seconds.
- Treatment order is Unipolar first followed by Bipolar.
- The handpiece in use is slightly pressed and always in full contact with the skin.
- The handpieces are constantly in circular motion (“in motion”) before engaging energy and throughout the 60 second period.
- The principle of the “in motion” technique is to move the handpiece away from the immediate “hot” area to the adjacent “colder” area until the entire area is covered and in thermal equilibrium.
- Energy is only emitting while the trigger is depressed. The trigger must be held down during the 60 second treatment or emission will discontinue.
- Similarly, footswitch option can be used.

Unipolar Technique:

Unipolar:

An area temperature of 41°C to 44°C is required. The temperature is measured by infra-red thermometer (included with the system).

Bipolar:

Use after Unipolar for 4 to 5 passes with therapeutic temperature of at least 40°C as needed for lax tissue.

End points:

Concurrent end points: Skin initially blanches slightly, then appears more erythematous and is warm on palpation.

Treat half of the body area first. Have the patient sit or stand to view and then continue with opposite side with the same setting used for prior side.

1. A skin marker can be used to outline the treatment area.
2. **Important → Handpiece is used in direct contact with skin at all times.**
3. **Important → Handpiece is in motion at all times while active**
4. Apply a thin layer of Johnson's Baby Oil (or the oil supplied by the company) to the treatment area – one full treatment grid. Take the temperature reading and record it as a baseline using the infrared thermometer provided with the ACCENT XL system (Normal temperature is 32 to 36°C).
5. Select settings appropriate to the area (Choose Watts and set 60 Seconds)
6. Press "ready" on the software screen
7. Motion begins prior to triggering energy – Motion is described as circular movements within the treatment area.

8. Trigger the system – continuing movement for the entire 60 seconds.
9. Communication from patient (approximately every 2 to 3 seconds) is critical throughout the procedure.
10. If the patient becomes uncomfortable during the treatment cycle, release the "trigger" button while maintaining motion for a few seconds to provide cooling, then complete remaining seconds or decrease wattage by 10%.
11. Massage (2-3 swipes) after the 2nd and 4th therapeutic pass or as needed.
12. Once therapeutic level is achieved, begin the 4 to 5 passes at 60 seconds each. Temperature must be maintained at or above 41°C.
13. Remember to always record measurements, weight and obtain digital photographs with the patient in the full upright position so as to properly assess the troublesome areas.
14. Treatment times will normally take about 30 to 45 minutes for the first treatment.

TREATMENT SETTINGS FOR BUTTOCKS, THIGHS, UPPER ARMS and ABDOMEN

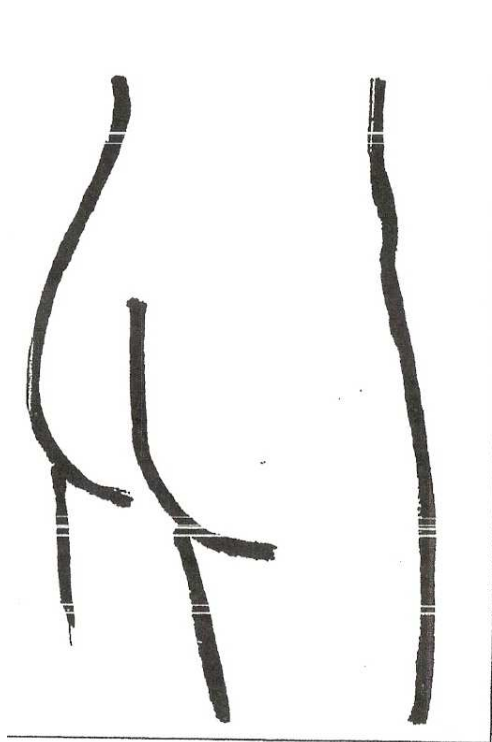
Unipolar				
AREA	INITIAL SETTING	TIME (seconds)	#Passes after achieving therapeutic temperature	Frequency of Treatments
Buttocks, Thighs, Upper Arms and Abdomen	120 Watts increase up to 200 Watts as required	60 sec.	4-6 passes Maintain temperature but reduce Watts as needed	Every 2 to 3 week.
Bipolar (lax skin)	60 – 90 Watts	60 sec.	4 -6 passes after Unipolar if needed.	Every 2 to 3 Weeks

Ironing Technique on the Buttocks for Advanced Users Using Unipolar

1. **Switch to Unipolar handpiece if using the Bipolar for lax skin.**
2. Begin treatment by opening the fold of the buttocks using a 4x4 gauze.
3. Apply back and forth motion in fold area using intermittent energy (one line on and one line off) for one pass of 30 seconds.

ACCENT TREATMENT NOTES

NAME _____
 B/P _____ TEMP _____ WGT _____
 Measurements: A _____ B _____ R)C _____ L)C _____ R)D _____ L)D _____
 R)E _____ L)E _____



Notes: remove jewelry & makeup, photo, measurements, empty bladder, consents, avoid tattoos, shave excessive hair

DATE	TREATMENT TIME	UNIPOLAR	BIPOLAR	#PASS	WATTS	TEMP
	60second passes/face					
PASS #1						
PASS#2						
PASS#3						
PASS#4						

Erythema: Light; Moderate; Severe

Toleration Scale:

1-cool 2-some warmth 3-warm, but comfortable 4-uncomfortable 5- unable to tolerate

NOTES: _____

Technician signature _____

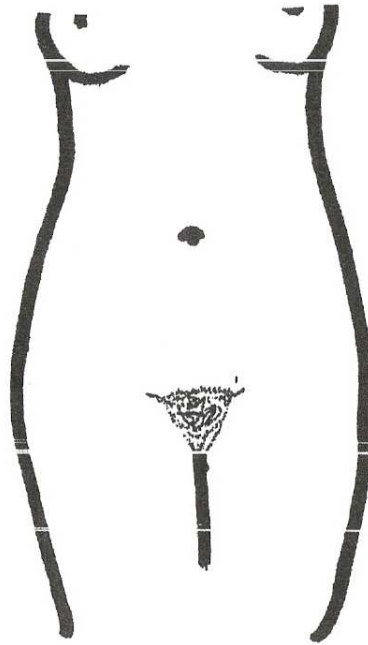
ACCENT TREATMENT NOTES

NAME _____

B/P _____ TEMP _____ WGT _____

Measurements: A _____ B _____ (measure 2' above the umbilicus and 2' below)

ABDOMEN



Notes: remove jewelry & makeup, take photo, measurements, empty bladder, consents signed, avoid tattoos, shave excessive hair

DATE	TREATMENT TIME	UNIPOLAR	BIPOLAR	#PASS	WATTS	TEMP
	60second passes/body					
PASS #1						
PASS#2						
PASS#3						
PASS#4						

Erythema: (1) Light;(2) Moderate: (3) Severe

Toleration Scale:

1-cool 2-some warm 3-warm, but comfortable 4-uncomfortable 5- unable to tolerate

NOTES: _____

Technician signature _____

Suggested Treatment Protocol for the Face

Face

Deep tissue heating with the ACCENT XL radiofrequency system stimulates subcellular and cellular biological mediators that cause tissue shrinkage which is influenced by settings of energy (Watts), duration (seconds) and depth (Unipolar or Bipolar emitter). The unique electrode configuration provides greater efficacy and safety.

Prior to operating the ACCENT XL system it is important to read and understand the procedures provided in the system operating manual and the techniques instructed in this Standard Operating Procedures (SOP) document.

It is imperative to set reasonable expectations for treatments and to understand the unique inclusion and exclusion criteria for the ACCENT XL RF system when accepting patients.

Type of Radiofrequency used

Unipolar regions in treatment order:

- Bilateral lateral borders of cheeks, treating over bony area only, jowls, and double chins. Underside of chin/neck, done in halves.
- Forehead - exclusively over the Frontalis muscle

Bipolar regions:

- Can be used over entire face, neck and forehead.

Basic fundamentals for treatment of the Face and Neck:

- Treatments on the face and neck are provided at various energy settings (Watts) based upon tissue thickness, laxity, goals and location on the face. Energy ranges from 50 Watts to 200 Watts utilizing both the Unipolar and the Bipolar handpiece.
- Duration is always recommended at 30 second intervals on the face.
- Treatment order is Unipolar first followed by Bipolar.
- The handpiece in use is slightly pressed and always in contact with the skin.
- The hand pieces are constantly in circular motion (“in motion”) before engaging energy and throughout the 30 second period with 4 therapeutic passes.
- The principle of the “in motion” technique is to move the handpiece away from the immediate “hot” area to the adjacent “colder” area until the entire area is covered and in thermal equilibrium.

- Energy is only emitting while the trigger is depressed. The trigger must be held down during the 30 second treatment or emission will discontinue.

Unipolar Technique on the Face

Unipolar: Sustained area temperature of 39°C to 43° C is desired for a minimum of 30 seconds x 4 passes. Temperature is measured at the end of each 30 sec interval by infra-red thermometer (included with system).

End points:

Concurrent end points: Skin initially blanches slightly, then appears more erythematous and is warm on palpation.

Treat half face and have patient to sit up to view and then continue with opposite side with the same setting used for prior side.

1. **Important: Handpiece is used in direct contact with skin at all times.**
2. **Important: Handpiece is in motion at all times while active**
3. Apply a thin layer of Johnson's Baby Oil (or oil supplied by the company) to the treatment area – one half of face. Take the temperature reading and record it as a baseline using the infrared thermometer provided with the ACCENT XL system (Normal temperature is 32 to 36°C).
4. Select settings appropriate to the area (Watts and set 30 Seconds)
5. Press "ready" on the software screen
6. Motion begins prior to triggering energy. Motion is described as small circular movements.
6. Begin treatment of half the neck and under the chin with an initial setting of 70 Watts using Unipolar.
7. Treat outer borders of the cheek, lip and chin in small circular motion, treating over bony areas only, to reach temperature of at least 39 -43° C. Avoid fat pad and center areas of cheeks, unless very full face that needs reduction.
8. Continue with Unipolar to treat the forehead x 4 therapeutic passes.
9. Communication from patient (approximately every 2 to 3 seconds) is critical throughout the procedure.
10. If the patient becomes uncomfortable during the treatment cycle, release the "trigger" button while maintaining motion for a few seconds to provide cooling, then complete remaining seconds or decrease wattage by 10%.
11. Massage (2-3 swipes) after the 2nd and 4th therapeutic pass or as needed.
12. **Avoid thyroid area and lower sub mental nerve (neck area).**

Bipolar Technique on the Face

Turn system “off” and then turn “on”. Select Bipolar handpiece and touch “Standby” to “Ready” mode. Begin at default setting of 50 Watts with 4-5 therapeutic passes covering the entire face maintaining therapeutic range of 37°C - 43°C.

1. **Important: Handpiece is used in direct contact with skin at all times.**
2. **Important: Handpiece is in motion at all times while active.**
3. Apply a thin coating of Johnson’s Baby Oil on the area to be treated
4. Motion begins prior to triggering energy.
5. Communication from patient (approximately every 2 to 3 seconds) is critical throughout the procedure.
6. Maintain therapeutic temperature for four (4) 30second passes.
7. No ironing technique is possible with this hand piece due to size and electrode configuration. Never enter orbital area of eyes.
8. If the patient becomes uncomfortable during the treatment cycle, release the “trigger” button while maintaining motion for a few seconds to provide cooling, then complete remaining seconds or decrease wattage by 10%.
9. Massage (2-3 swipes) as needed.
9. **Avoid thyroid area and lower sub mental nerve (neck area).**

Ironing Technique on the Face for Advanced Users

1. Switch to Unipolar handpiece.
2. Begin treatment of nasal labial fold by opening up the fold using a 4x4 gauze.
3. Apply back and forth motion in fold area using intermittent energy (one line on and one line off) for one pass of 30 seconds.
4. For tightening underneath the eye, retract tissue under the eye and apply the ironing technique with the Unipolar tip on ridge directed away from the orbit and slightly tilted towards the lips.
5. Apply back and forth motion using intermittent energy (one line on and one line off) for one pass of 30 seconds.
6. For brow lift, retract eyebrow in center and apply the ironing technique as stated above with Unipolar tip directed towards brow away from orbital rim.

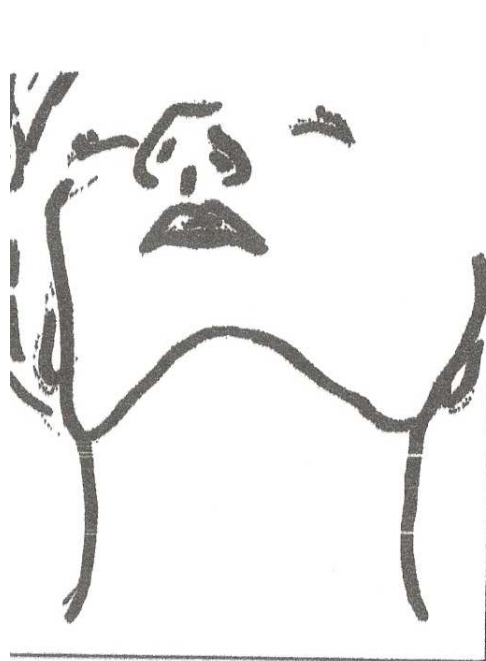
FACE TREATMENT SETTINGS – Unipolar and Bipolar

Unipolar				
AREA	INITIAL SETTING	TIME (seconds)	# Passes After achieving Therapeutic temperature	Frequency of Treatments
Perioral, Periorbital and Neck	70 Watts increase as needed	30	4	Every 2 to 3 weeks

Bipolar				
AREA	INITIAL SETTING	TIME (seconds)	# Passes After achieving Therapeutic temperature	Frequency of Treatments
Perioral, Periorbital, Cheek and Neck	50 watts bipolar increase as needed	30	4	Every 2 to 3 weeks

ACCENT XL TREATMENT NOTES

NAME _____
 B/P _____ TEMP _____ WGT _____



Notes: remove jewelry & makeup, photo, measurements, empty bladder, consents, avoid tattoos, and thyroid

DATE	TREATMENT TIME	UNIPOLAR	BIPOLAR	#PASS	WATTS	TEMP
	30second passes/face					
PASS #1						
PASS#2						
PASS#3						
PASS#4						

Erythema: Light; Moderate; Severe

Toleration Scale:

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Technician signature _____