

# THERMAGE FLX™ TREATMENT

WORKBOOK



thermage®  
FLX

# PATIENT SELECTION

## > IDEAL CANDIDATES

- Appropriate expectations
- Mild-to-moderate skin laxity
- Crepey or wrinkled skin:
  - Post facelift, blepharoplasty, liposuction, etc.
  - Post weight-loss
  - Post pregnancy
- Age: 35-60 years old
  - Note that skin quality is more important than chronological age in identifying the ideal candidate for treatment

## > IDEAL CANDIDATE EXAMPLES



Moderate jaw line & submental laxity & fullness  
Moderate nasolabial fold



Moderate crow's feet, fine lines & wrinkles



Abdominal laxity & crepiness

## > NOT IDEAL

- Unrealistic expectations
- Poor skin quality:
  - Excessive photodamage
  - Severe elastosis
  - Poor fibroblast response and elastin production
- Poor general / mental health
- Chronic use of NSAIDs or corticosteroids
- Severely obese or fluctuating weight

## > NOT IDEAL CANDIDATE EXAMPLE



Moderate abdominal fullness



Severe laxity



Thermage FLX is not indicated for the treatment of cellulite

## > CONTRAINDICATIONS

- Patients with an implantable pacemaker, an Automatic Implantable Cardioverter/Defibrillator (AICD), or any other implantable electrical device (these devices may be adversely affected by radiofrequency field or current)

## > CONSIDERATIONS

- The following patient types have not been studied:
  - Pregnant and/or breast feeding women
  - Children
  - People with diabetes, auto-immune disease (e.g. Lupus), herpes simplex, epilepsy, permanent make-up, or tattoos
- Caution should be used when treating skin directly over metal dental work. In particular, when treating over metal dental work of large surface areas (such as crowns, braces, implants, etc.) consideration should be given to inserting dry absorbent cotton rolls or gauze between the dental work and the inner cheek to prevent radiofrequency heating of the metal materials. Such heating may result in burns to the skin, dental pain, and/or damage to the dental work

# PROCEDURE / PATIENT SET-UP

## > PRE-TREATMENT ASSESSMENT AND PLANNING

- Patient does not have any contraindications
- Gain informed consent from patient
- Determine treatment area based on patient concerns e.g. partial face, full face, tummy, legs and knees, buttock and thighs, arms
- Prepare patient treatment record forms (see pages 11–13):
- Remove all topical make-up and / or lotions
- Remove all jewellery
- Cleanse treatment area thoroughly with soap and water followed with 70% Isopropyl alcohol
- Take pre treatment photos
- Apply return pad:
  - Cord off to side, away from treatment area.
  - Clean area with alcohol and allow to dry
  - Ensure complete contact with patient's skin
  - Avoid placement on tattoos or bony prominences
- While the patient is seated or standing
  - Mark problem areas where you will apply more energy
  - Mark vectors in the direction of desired tissue contraction (generally this will be against the direction of gravity)
  - See page 9 for treatment vector option illustrations
- Apply skin marking paper:
  - Grid size should correspond with the tip size being used
  - Clean skin with 70% Isopropyl alcohol
  - Dab back of paper lightly with alcohol moistened gauze until the grid shows through the paper.
  - While paper is still damp, remove it
- Do not use numbing gel or cream

# TIP SELECTION FOR FACE & NECK TREATMENTS



## Total Tip 4.0cm Selection According to Treatment Area



Do not treat inside the periorbital rim with the 4.0cm<sup>2</sup> Tip

### Treatment Areas for 4.0cm<sup>2</sup> 900 Rep Tip

Use the 900 rep tip for Full Face treatments

#### Option 1

Forehead, Midface and Submentum



#### Option 2

Midface, Submentum and Neck



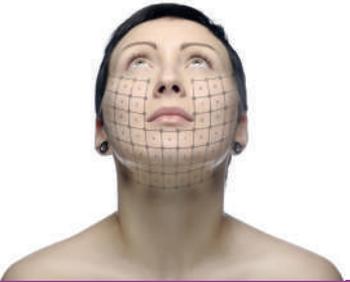
Do not treat inside the periorbital rim with the 4.0cm<sup>2</sup> Tip

### Treatment Areas for 4.0cm<sup>2</sup> 600 Rep Tip

Use the 600 rep tip for Partial Face treatments

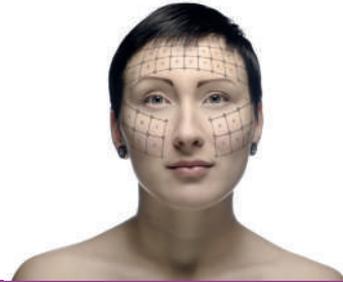
#### Option 1

Midface and Submentum



#### Option 2

Upper Midface and Forehead



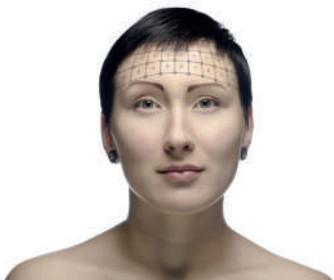
Do not treat inside the periorbital rim with the 4.0cm<sup>2</sup> Tip

### Treatment Areas for 4.0cm<sup>2</sup> 300 Rep Tip

Use the 300 rep tip to target small areas of concern

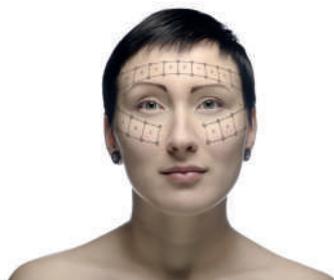
#### Option 1

Forehead



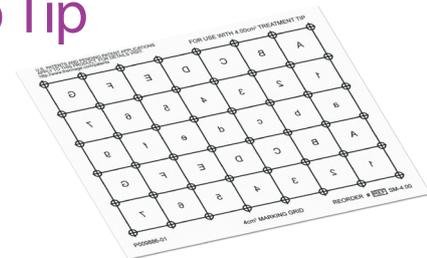
#### Option 2

Periorbital



#### Option 3

Neck



#### QUICK TIP:

Suitable for treatment area that is the size of 1 small grid paper ONLY

# TIP SELECTION FOR BODY TREATMENTS

There are two treatment tips available for body treatments. When choosing which tip to use, consider the size of the treatment area and which tip will have the best skin-to-tip contact. Keep in mind that all 4 corners of the tip must be in contact with the skin during each REP.



Total Tip 4.0 cm<sup>2</sup>  
(600 and 900 REP counts)

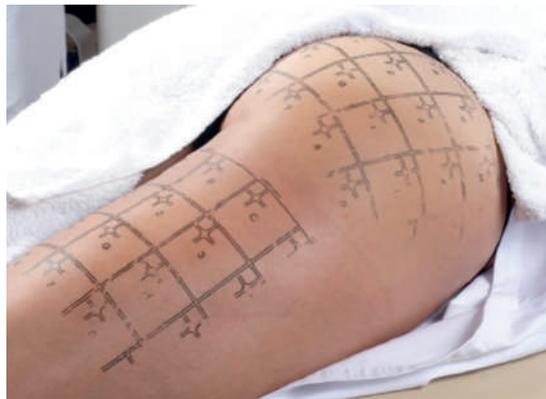


Body Tip 16.0 cm<sup>2</sup>  
(500 REP count)

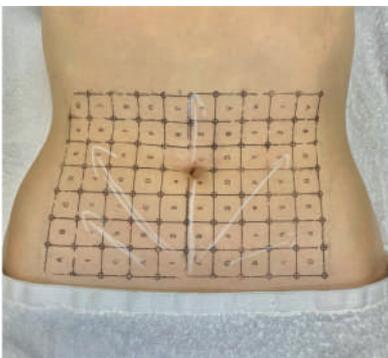
4.0 cm<sup>2</sup> Skin Marking Grid  
on Buttock and Thigh



16.0 cm<sup>2</sup> Skin Marking Grid  
on Buttock and Thigh



4.0 cm<sup>2</sup> Skin Marking Grid  
on Abdomen



16.0 cm<sup>2</sup> Skin Marking Grid  
on Abdomen



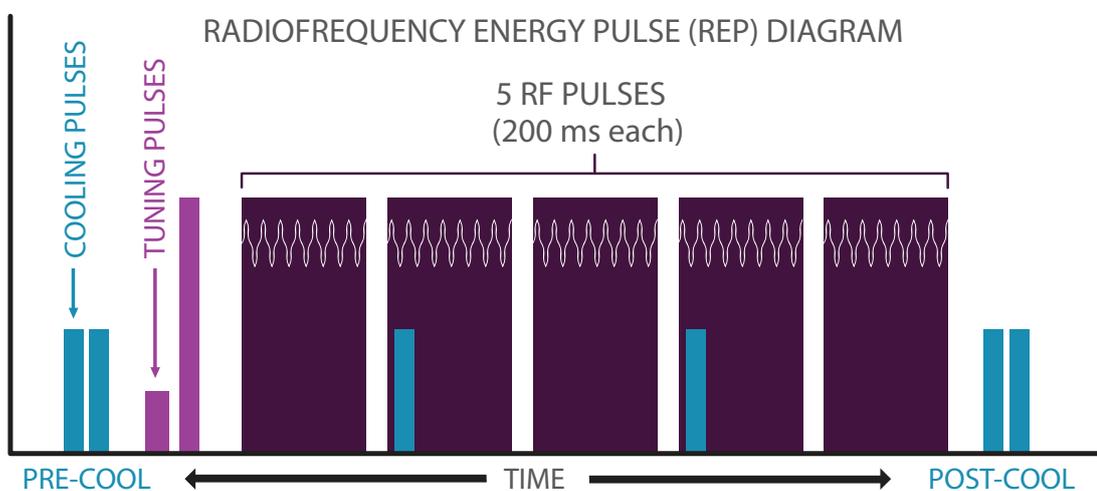
# TREATMENT GUIDELINES

## > DURING TREATMENT

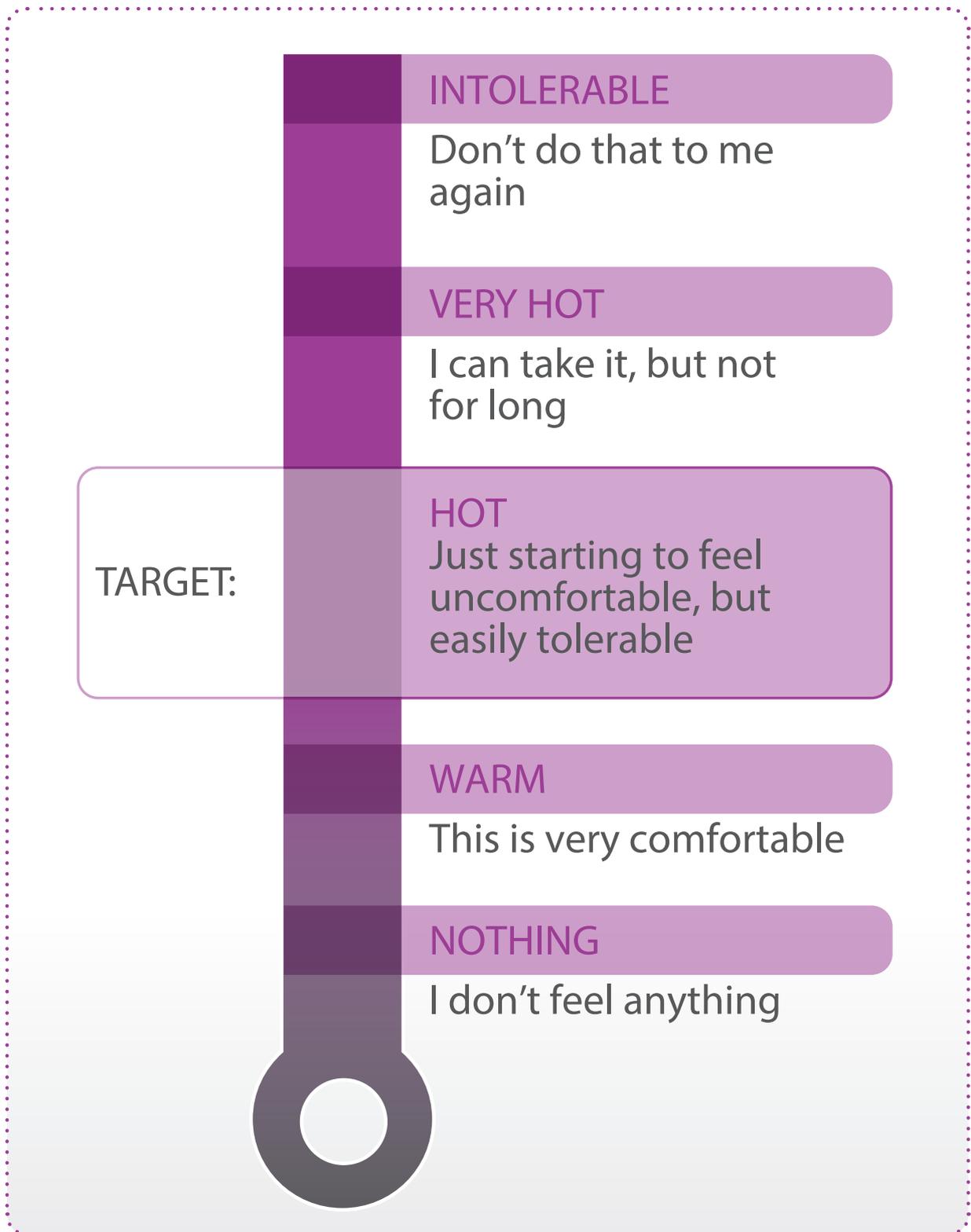
- Patient's feedback on heat sensation is critical for optimal energy selection:
  - Show feedback scale (see page 7) to the patient, explaining the importance of their continual feedback for a safe and effective treatment
  - Thermage FLX: To determine treatment level, deliver 5-10 pulses without vibration and adjust setting to feedback
- Monitor skin temperature by hand and if tissue is hot-to-the-touch, treat another area before performing another pass
- Apply a generous amount of coupling fluid to area being treated - Use only Solta Medical supplied coupling fluid. Using substitutes may result in surface burns
- Inspect the treatment tip for irregularities on the tip surface - Do this every 50 pulses
- Do not stack pulses or "slide" treatment tip
- Treat to a clinical endpoint, and do not 'use up' leftover REPs after clinical endpoint is reached:
  - Visual, palpable change
  - Erythema or pinky skin
  - Warm to touch
  - Take 'halftime' photos halfway through treatment, showing patient that clinical endpoint has been reached
- If excessive erythema or oedema is observed lower the treatment level

## > WHAT IS ACCUREP™ TECHNOLOGY

The Thermage FLX system integrates tuning pulses into each individual radiofrequency energy pulse (REP). These tuning pulses automatically measure local impedance values and adjust energy output parameters to deliver consistent energy from one treatment site to the next.



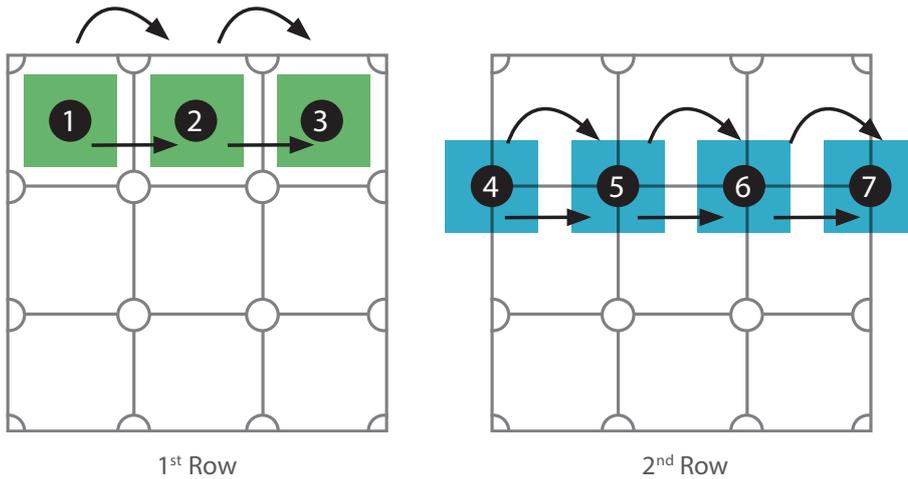
# HEAT SENSATION FEEDBACK SCALE



# PASS TECHNIQUES

## > SUPER PASS

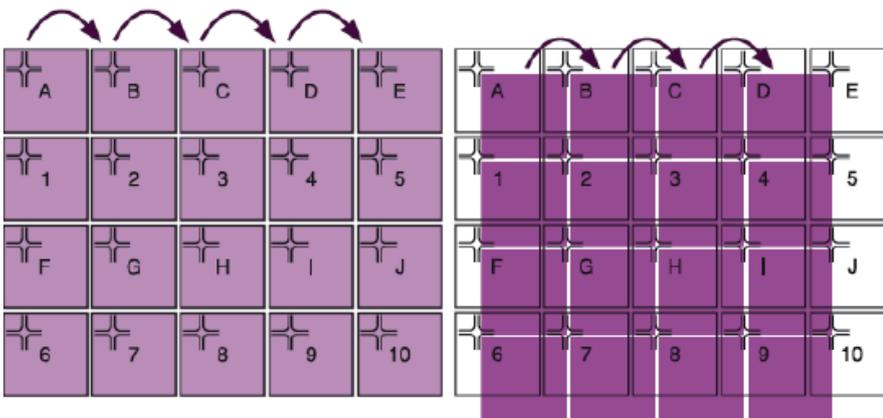
- Recommended technique for the Thermage Total Tip
- One combined pass of circles and squares, alternating rows:
  - 1 row of squares
  - 1 row of circles
  - 2-4 super passes, stopping when clinical endpoint is reached



## > SINGLE PASS

- Recommended technique for the Thermage Body Tip
- 1 pass over full grid of squares
- 1 pass over full grid of intersections
- 4-6 single passes, stopping when clinical endpoint is reached

Thermage Body Treatment

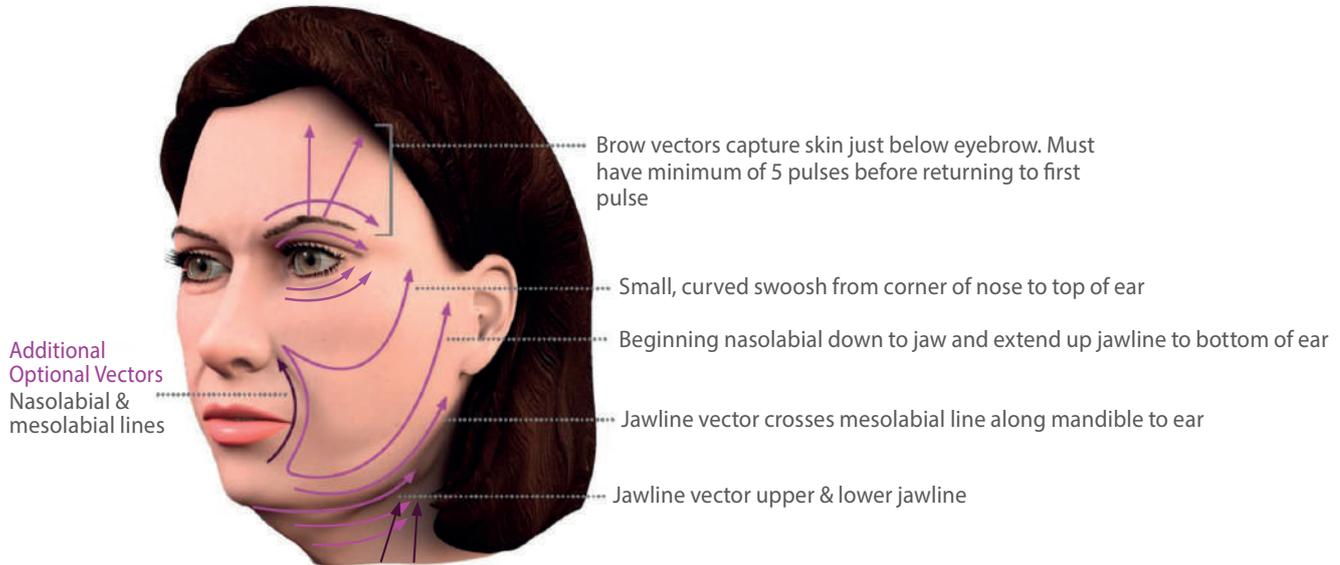


1<sup>st</sup> Pass: all squares  
3<sup>rd</sup> Pass: all squares

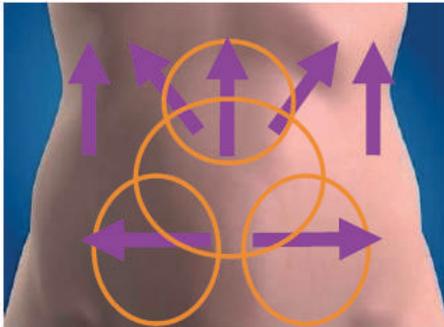
2<sup>nd</sup> Pass: all intersections  
4<sup>th</sup> Pass: all intersections

# TREATMENT VECTOR OPTIONS

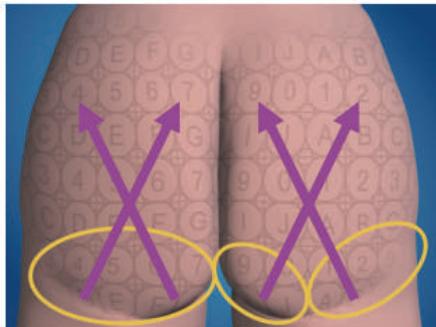
- Focus on vectors and problem areas identified in pre-treatment assessment
- 5-10 passes on vectors and/or problem areas



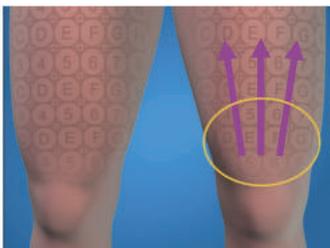
## Abdomen



## Buttocks



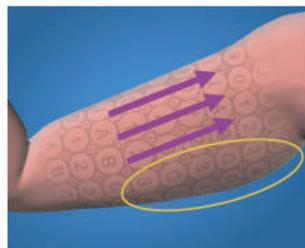
## Knees & Legs



## Inner Thigh



## Arms



Vector

Problem Area

## > POST TREATMENT

- Clean off grid with alcohol
- Take post-treatment photos immediately after treatment
- Make follow-up appointments for 2, 4 and 6 months (ensuring to take follow up photos at each appointment)
- Complete the patient treatment record form
- Optional recommendations:
  - Discourage use of NSAIDS
  - Advise patient when it is safe to do other treatments: injectables, botulinum toxin, laser, needling treatments, peels etc.