

### Pre-Procedure Recommendations

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1. Prior to use review Instructions for Use (User Manual) shipped with your Thermi<sup>®</sup> products.
2. Review patient history.
3. Confirm signed consent form.
4. Ensure hair on external treatment area has been removed prior to treatment.
  - Shaving should be completed one day prior to treatment
5. Take photos of treatment area based on practice protocol.
6. Ensure you have all supplies needed including clear ultrasonic water-based gel (i.e. Parker Labs Aquasonic Gel or equivalent).
  - Do not use gel containing color or glycerin.
7. Cleanse area to be treated by removing makeup and wiping with alcohol pads before beginning treatment.
8. Position patient in recumbent position. Ensure that the position allows you to apply the electrode to surface of skin with firm even pressure.
9. Apply grounding pad close to area being treated, avoid boney prominences and ensure full contact with the skin.

# THERMiSmooth<sup>®</sup> face Recommended Transdermal RF Procedural Guidelines

## Procedure Set-Up

1. System: Position the system in a convenient location, so that the procedure screen is visible to the operator. Turn on the black power switch on the back of the console. You will hear a beep, the blue light on the upper left of the machine will flash and the display will show procedure settings.

## Connections

- A. Grounding Pad: Connect the Disposable Grounding Pad cord (blue) to the black neutral electrode connection port at the bottom left
- B. Connect SJM-AC-PN-ADAP Black Extension Cable: Ensure that the arrows are at the 12 o'clock position before connecting to the TherMi<sup>®</sup> Radiofrequency generator. DO NOT twist the connector.
- C. Select reusable non-invasive RF Electrode and connect grey end of cable to grey end of extension cable. DO NOT twist.



- RFE-10-D 10mm Reusable RF Electrode
- RFE-15-D 15mm Reusable RF Electrode



## Settings

- A. Press the white button in the lower right corner that corresponds with the "Start" on the front display panel. (the blue light on the upper left corner will illuminate and flash).
- B. The display will have three options TherMiTight<sup>®</sup>, TherMiRase<sup>®</sup>, and TherMiSmooth<sup>®</sup>. Press the corresponding button below for the TherMi<sup>®</sup> treatment you are performing. The transcutaneous RF procedure is performed with the TherMiSmooth<sup>®</sup> mode.
- C. Using the middle set of arrows, increase the Set Temp to desired temperature.



## Procedure Guidelines and Techniques

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1. Apply moderate amount of warmed water based ultrasonic gel to treatment area.
2. Select 'set' temperature
  - Recommend starting 'set' temperature range between 38° - 40°C.
3. With energy off place the electrode in full contact with the skin, apply a moderate amount of pressure.
4. Press foot pedal (or Start Button) to start radiofrequency emission; and begin moving electrode.
  - The blue light on the upper left of the display will become solid and the device will give an audible beep every five seconds to indicate energy is on and being delivered through the active tip of transcutaneous electrode.
5. Increase temperature in increments of 1 - 2°C per patient tolerance, up to 45°C.
6. Apply RF energy according to facial map recommendations. {Fig1 pg4}
7. Apply additional gel as needed to ensure patient comfort and adequate conduction.

## Recommended Treatment Parameters

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1. Average total procedure time is based on area, excluding warm-up time.
2. Target temperature remains between 42°-45°C.
3. Erythema is visualized on tissue.
4. Actual (ACT) temperature should be maintained within 3 degrees of (SET)temperature.
  - This is managed by controlled slow movement of the electrode.

## Pearls

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- Maintain consistent, firm pressure and keep electrode in full contact with tissue.
- Avoid withdrawing electrode from contact with tissue with energy on.
- Always keep electrode moving.
- Request patient feedback.
- When treating around eyes avoid treatment over the globe.
- Recommend four treatment sessions separated at one to three-week intervals.

## Post-Procedure

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- Cleanse the skin to remove excess ultrasonic gel.
- Patient may experience warmth and mild pink to redness of skin.
- Procedure area may experience minor swelling immediately post-procedure.

## Recommended Treatment Parameters

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1. Average total treatment time, excluding warm up:
  - a. Forehead: 12-15 minutes
  - b. Eye: 9-15 min
  - c. Cheek: 12-15 min
  - d. Peri-oral: 12-15 min per side

