

## *Treating with Shape*

### ⊗ WARNING

This document should be read in conjunction with the Operations Manual supplied along with the system. This is not a substitute to the Operations Manual.

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More importantly, people with electrical devices e.g., pacemakers, or metal implants e.g., artificial metal hip joints, heart valves or dental plates, cannot be treated because RF current flowing through the body may interfere with these devices or heat up metal implants, which could be dangerous.

### *How does Shape work?*

Shape machine works on principles of Radio Frequency. A specially designed transducer attached to the console generates Radio Frequency waves. One of the newest fat reduction technologies is radiofrequency. Radio Frequency delivers energy to the areas of fat by driving controlled heat deep within the fat cells and subsequently destroys them. Radiofrequency is a very versatile procedure that can be used on any area of the body – from large areas like the abdomen to very small areas such as the chin – with the same degree of success. It uses sound waves to vibrate and cause mechanical disruption of fat cells causing them to break down.

### *What is the treatment?*

The treatment is relaxing. Each location on patient's body is treated for 20-30 minutes. This also depends upon the area to be treated and can be reduced if required. Clinician should start with lower energy level and slowly go on increasing ensuring that the patient is comfortable. It is very important during the treatment that the energy in form of waves should not cause any discomfort to patients. The therapist should first examine patient's problem areas carefully and decide the initial energy level and the duration. A number of passes should be performed over the area, maintaining an optimum and predetermined temperature range. A temperature may increase above 50°C but the therapist should ensure that it is tolerable to a patient. This process commences the breakdown and removal of intra cellular waste and unwanted fat from specific and treated areas of the body. Since each person's pain tolerance and threshold varies, it is difficult to quantify how painful or uncomfortable the treatment is.

### *Repeat Procedures*

Depending on the settings being used it may be recommended to have a session once a week with an average of 8 - 10 sessions in a treatment programme, or a session once every 1 - 2 weeks with an average of 8 sessions in a programme, however ongoing monthly maintenance will be required. The practitioner have to determine a course of treatments specific to the needs depending upon the area and fat. The number of sessions may be increased as required.

### *When can patient expect the results?*

A few patients will be able to notice an immediate result in the tightness of their skin, but results continue to emerge in the days following the treatment too. Skin is remarkably smoother and muscle tone is more visible too. Normally, multiple sessions are required, generally 1 per week until you've had about 4-8 treatments in total.

### *Are there any side effects?*

Normally there are no side effects from the treatment, but some people might find the treatment area is a little red post treatment but this usually resolves after 30 mins post treatment.

### *Which are the areas of applications?*

Radio Frequency technique helps both reduce fat and tighten the skin by directing energy to target collagen especially when diet and exercise has failed. Radio Frequency is also ideal for the age-old problem of spot reduction. The treatment program is designed to improve body shape and reduce unwanted fat from areas such as face and neck, upper arms, abdomen, thighs, buttocks, hips, knees, calves, ankles etc.



It is very effective in tightening skin and reducing fat and cellulite in areas that just do not respond to traditional weight reduction methods and also change that you may have acquired hereditary in regards to your proportion.

### *How do I get best results?*

The procedures will work without diet or exercise, but patients can greatly enhance the results by improving diet and exercising. Also, water is extremely important to aid the body in elimination.

Most patients usually experience mild redness which disappears quickly and also a mild improvement in their skin tone and smoothness, with a reduction in the appearance of fat and possible inch loss. It is also associated with minimal risks and downtime compared to surgery. However, patients may be advised to use certain soothing lotions, creams or gels to lightly apply to the treatment area, or possibly cool, moisturizing mists to apply as you feel necessary.

### *What should you do before treatment?*

Ask patients try to avoid doing anything that will irritate skin immediately before treatment. This includes sunbathing (natural or artificial). Practitioners are unlikely to treat someone who has sun burn for example, as they would be more likely to suffer pain from the addition of heat to the already damaged skin; however an established tan would be fine.

Some women find that their skin is more sensitive right before and during their menstrual cycle.

Depending on patient's pain tolerance, a topical anaesthetic cream may then be applied to skin a short time prior to treatment, to help numb the skin slightly; this will normally be removed using alcohol cleansers immediately before your clinician commences the procedure. However, a care should be taken in that case by the therapist to ensure that the temperature does not rise beyond a safe limit. A conducting gel will then also be applied over the area to be treated.

### *What happens during a Radiofrequency for Cellulite & Fat treatment?*

Careful discussions regarding the reasons behind patient wanting treatment are very important before you begin the treatment. You must also make sure that this treatment can deliver what you want and how you would like to look afterwards.

A medical history should also be taken to make sure that there are no reasons why the patient shouldn't undertake treatment.

### *How long will it take to recover from Radiofrequency for Cellulite & Fat?*

Some people experience mild redness immediately following treatment (similar to a sunburnt look), but this usually disappears quickly. Most people find that they can return to work and normal activities immediately after treatment.

Depending on your judgement patient may be advised to use certain soothing lotions, creams or gels to lightly apply to the treatment area, or possibly cool, moisturising mists to apply as you feel necessary.

### *What are the risks and potential complications from Radiofrequency for Cellulite & Fat treatment?*

As the treatment is carried out patient will experience heating sensations every time the RF energy is delivered. Cooling pads may be used to protect skin from the excessive heating, and make the treatment more comfortable.

As each person's pain tolerance and threshold varies, it is difficult to quantify how painful or uncomfortable the treatment is. It also depends on the energy settings for the treatment. You may offer anaesthetic options, such as a topical anaesthetic cream applied to patient's skin prior to treatment, or relaxants and pain management drugs, that can minimize discomfort.

The most frequently reported side effects of treatment with RF energy are swelling, redness or bruising on or around the treated area, which typically disappear in a few days or weeks. There are also reports of a feeling of dry skin in the treated area for a couple of days, lubrication with aloe-vera can be helpful.

Some people may notice a slight increase in urine output following treatment. This is because any excessive fluid built up in between cells in the area treated is drained through the lymphatic system via the treatment process which is then excreted in the urine.

In very rare circumstances and if the correct instructions are not followed by the practitioner, it is possible to suffer from a skin burn.

### *What should you do after a Radiofrequency for Cellulite & Fat treatment?*

No special care is needed after treatment although you may suggest some of the following:

Light application of soothing / moisturising lotions, creams or gels to the treatment area, such as aloe-vera;

cool, moisturising mists applied as you feel necessary;

cool water rinses or ice packs applied to the treatment area.

### *Who should not have a Radiofrequency for Cellulite & Fat treatment?*

As long as patients are generally healthy and don't have any skin diseases or infections in the area treated, there are few medical reasons why patients should not undergo this treatment.

People with sensory disturbance to the skin may not be considered good candidates as this could make the reporting of discomfort during the procedure unreliable, leading to potential harm.

Although there is no evidence that this treatment is harmful for pregnant women, you would generally advise to wait until after patient have given birth and recovered fully to normalcy before embarking upon a course of treatment.