

## QUICK GUIDE

### Precaution (before operation)

- Avoid sun exposure
- 3 days pre treatment, do not use glycolic acid, salicylic acid, Retin-A® which may be irritating to the skin.
- Do not treat patients with metal (nickel) allergy.

### Preparation before operation

- Apply the anesthetic ointment to the treatment area. Follow manufacturer recommendations for topical anaesthetic.
- Clean the patient's face and treatment area with soft cleanser.
- Pre treatment swab skin with Chlorhexidine. Pat area dry before treating.
- Full face should take 30-60 minutes depending on the amount of passes
- Treatment can be performed on the full face, neck, chest and hands
- Clinical endpoint will be mild to moderate erythema and histamine response.

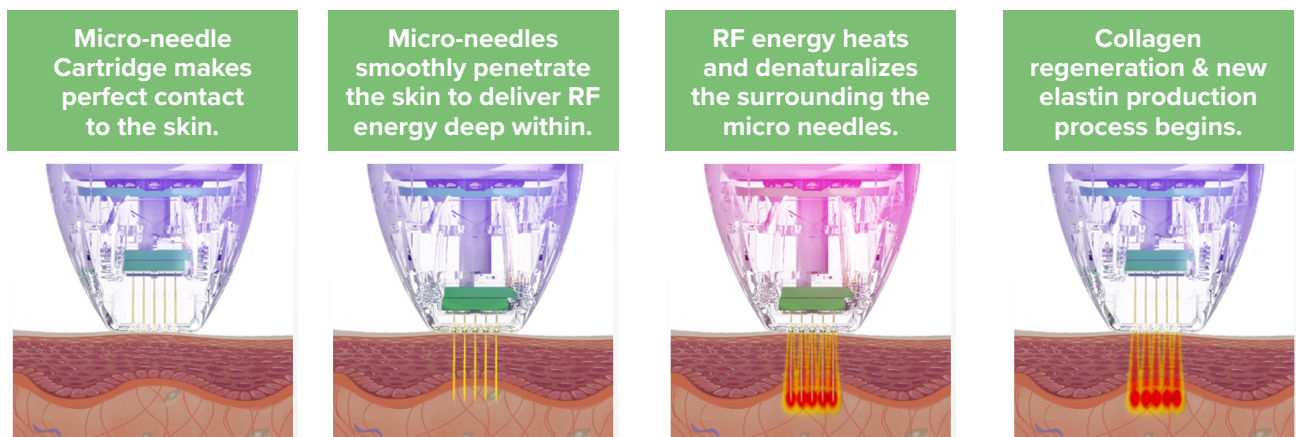
### Precaution during operation

- Perform 1-2 test shots and wait 5 mins before proceeding with the treatment. It may be necessary to adjust the setting according to the skin reaction. Can use cold air during treatment
- For wrinkles / nasolabial fold and middle of forehead, stretch skin out as much as possible during procedure.
- Line of erythema or slight edema in treated area may be noted post treatment. End point can vary depending on patient sensitivity but usually disappears 1-3 hours after treatment. In the case of severe erythema, calm the skin with Cool pack or mask or topical ointments.
- Use firm pressure to ensure needles penetrate to desired depth (insufficient pressure will result in push back on the skin and can leave scabbing and PIH)

- Handpiece must be perpendicular to the skin. Do not remove the tip from the skin or move the hand-piece while the RF emitting.
- Technique is 2-3 passes crosshatch with low overlap (10-20%) or 2 pass with high overlap (50%). Subsequent passes can be less deep or more intense by using 10 pin tips . Always start with the deeper pass, followed by shallower passes
- When treating at 1mm or less do not have duration (ms) longer than 100 to prevent any epidermal damage and PIH
- Risk of PIH increases as treatment intensity increases (Skin type III and above more prone)
- RF Duration is proportional to depth = 100 x Depth i.e. 2.0mm depth -> 200ms; 1.5mm depth -> 150ms. It is possible to increase RF duration by 50ms (1mm depth -> 150ms) but for experienced users only
- Delay Time is always 2 x RF Duration time (100ms -> 200ms; 250ms -> 500ms). For example: Depth is 1mm then Pulse Duration is 100ms and Delay Time is 200ms. This rule works up to a depth of 2mm. Any depth after 2mm the Pulse Duration is no more than 200ms and the Delay Time is no more than 400ms

### Care after treatment

- If the treated area swells, or if lines or swelling remain at the skin after soothing the skin, consider prescription steroid or OTC
- If necessary, prescribe oral antibiotics or prescribe regenerative ointment.
- Avoid direct exposure to sunlight and apply a sun-block with SPF 30 or higher to prevent PIH.
- It is recommended that patients not to exercise or sweat after treatment such as sauna and shower.
- All microneedle tips of the secret RF are disposable and must be discarded after use.



## General Skin Rejuvenation

Superficial 0 - 2 days redness | 3 or 3 per year Rx, every 4 weeks | (insulated or non-insulated tips)  
Intensive 2+ days redness | 3 - 5 Rx, every 4 weeks | (insulated or non-insulated tips)




	Location	Tip	Intensity	RF	Depth	Delay Time	Pass
Forehead		25pin	30- <b>50%</b>	100ms	1.0-1.2mm	200ms	1
		25pin	30- <b>50%</b>	100ms	0.8-1.0mm	200ms	2
Peri-Orbital		25pin	30- <b>50%</b>	50ms	1.0-1.5mm	100ms	1
		25pin	30- <b>50%</b>	50ms	0.5-1.0mm	100ms	2
Cheeks		25pin	30- <b>50%</b>	100- <b>150</b> ms	1.8-2.0mm	200- <b>300</b> ms	1
		25pin	30- <b>50%</b>	100- <b>150</b> ms	1.5-1.8mm	200- <b>300</b> ms	2
Nose, Lip, Chin		25pin	30- <b>50%</b>	90- <b>100</b> ms	1.5-2.0mm	180- <b>200</b> ms	1
		25pin	30- <b>50%</b>	90- <b>100</b> ms	1.0-1.5mm	180- <b>200</b> ms	2
Neck		25pin	30- <b>50%</b>	100ms	2.0mm	200ms	1
		25pin	30- <b>50%</b>	100ms	1.5mm	200ms	2
Décolletage		25pin	30- <b>50%</b>	120- <b>150</b> ms	2.0mm	250- <b>300</b> ms	1
		25pin	30- <b>50%</b>	120- <b>150</b> ms	1.5mm	250- <b>300</b> ms	2

### TREATMENT NOTES:

- **Red not recommended for Skin Types IV and above.** Use lower Intensity for higher skin types. Cross hatch passes with 50% overlap.
- Adjust the needle depth according to the skin irregularities and surface, reduce depth by 0.5mm when needles hit bone or on areas with thinner skin until you find the maximum needle depth without bone contact (not less than 1mm depth)
- Minimum 600 shots for full face, Maximum 1000 shots
- For intensive treatments increase RF and Delay Time accordingly. You may also increase the Depth if your target area presents with deep lines or scarring.
- Exercise caution when applying topical anaesthetic on Peri-Orbital treatment.

## Laxity

Intensive 2+ days redness | 3 - 5 Rx, every 4 weeks | (insulated or non-insulated tips)

	Location	Tip	Intensity	RF	Depth	Delay Time	Pass
Lower Face		25pin	30- <b>50%</b>	150ms	1.8-2.0mm	300ms	1
		25 pin	30- <b>50%</b>	100ms	1.5-1.8mm	200ms	2
		25pin	30- <b>50%</b>	100ms	1.0-1.5mm	200ms	3
Jowls		25 pin	30- <b>50%</b>	150ms	1.8-2.0mm	300ms	1
		25pin	30- <b>50%</b>	100ms	1.5-1.8mm	200ms	2
		25 pin	30- <b>50%</b>	100ms	1.0-1.5mm	200ms	3
Submental Area		25pin	30- <b>50%</b>	150ms	1.8-2.0mm	300ms	1
		25 pin	50- <b>60%</b>	100ms	1.5-1.8mm	200ms	2
		25pin	50- <b>60%</b>	100ms	1.0-1.5mm	200ms	3

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- Adjust the needle depth according to the skin irregularities and surface, reduce depth by 0.5mm when needles hit bone or on areas with thinner skin until you find the maximum needle depth without bone contact (not less than 1mm depth)
- Ensure the eye area is cooled in between passes
- Minimum 500 shots for spot areas

## Acne Scars

Intensive 2+ days redness | 3 - 5 Rx, every 4 weeks | (insulated Tx 1-2 -> non insulated 3-4)

	Location	Tip	Intensity	RF	Depth	Delay Time	Pass
Forehead		25pin	30- <b>50%</b>	100ms	1.0 – 1.2mm	200ms	1
		25pin	30- <b>50%</b>	100ms	0.8 – 1.0mm	200ms	2
Cheeks		25pin	40- <b>60%</b>	120- <b>150</b> ms	2.0 – <b>3.0</b> mm	250- <b>300</b> ms	1
		25pin	40- <b>60%</b>	100ms	1.5-2.0mm	200ms	2
		25pin	35- <b>50%</b>	50ms	1.0-1.5mm	100ms	3
Nose, Chin		25pin	30- <b>50%</b>	90- <b>100</b> ms	2.0-2.5mm	180- <b>200</b> ms	1
		25pin	30- <b>50%</b>	100ms	1.5-2.0mm	200ms	2
Décolletage		25pin	30- <b>50%</b>	120- <b>150</b> ms	1.8-2.0mm	250- <b>300</b> ms	1
		25pin	30- <b>50%</b>	120- <b>150</b> ms	1.5-1.8mm	250- <b>300</b> ms	2

**TREATMENT NOTES:**

- **Red not recommended for Skin Types IV and above.** Use lower Intensity for higher skin types. Cross hatch passes with 50% overlap.
- Adjust the needle depth according to the skin irregularities and surface, reduce depth by 0.5mm when needles hit bone or on areas with thinner skin until you find the maximum needle depth without bone contact (not less than 1mm depth)
- Minimum 600 shots for full face, Maximum 1000 shots

## Scars / Wrinkles with 64-pin

Intensive 2+ days redness | 3 - 5 Rx, every 4 weeks | (semi insulated tips)





	Location	Tip	Intensity	RF	Depth	Delay Time	Pass
Forehead		64pin	20- <b>40%</b>	100-120ms	1.0-1.5mm	300ms	2
Peri-Orbital		64pin	20- <b>40%</b>	100-120ms	1.0-1.5mm	300ms	2
Cheeks		64pin	40- <b>60%</b>	150ms	1.5mm	300ms	2
Nose		64pin	20- <b>60%</b>	100- <b>120</b> ms	1.0-1.5mm	300ms	2
Lip, Chin		64pin	40- <b>60%</b>	150ms	1.5mm	300ms	2
Neck		64pin	20- <b>60%</b>	150ms	1.5mm	300ms	2
Body		64pin	40- <b>60%</b>	150ms	1.5mm	300ms	2

### TREATMENT NOTES:

- **Red not recommended for Skin Types IV and above.** Use lower Intensity for higher skin types. Cross hatch passes with 10% overlap.
- The tip head must be firmly pressed on the skin before pressing the foot pedal and until the needles are completely retracted.
- Use single mode and press on the foot pedal per each shoot.
- Never be faster than 1sec and be very careful with interval mode. Delay time must be more than twice from the value of RF duration. Depth must be adjusted to insulation of the needles: more than 1mm.
- If exudate builds up on the needles, be sure to perform cleaning function to reduce plume.
- Intensive treatment (cheek, lip, chin & body) 40-60% intensity – 250ms RF duration – 2.5mm depth – 500ms delay time. Never use more than 60% intensity except hyperhidrosis.
- Exercise caution when applying topical anaesthetic on Peri-Orbital treatment.

## Isolated Lines and Scars with 10-pin

Intensive 2+ days redness | 3 - 5 Rx, every 4 weeks | (insulated or non-insulated tips)

	Location	Tip	Intensity	RF	Depth	Delay Time	Pass
Peri-Orbital		10pin	30- <b>50%</b>	100ms	1.5-1.8mm	200ms	1
		10pin	30- <b>50%</b>	100ms	1.3-1.5mm	200ms	2
Peri-Oral		10pin	30- <b>50%</b>	100ms	1.5-1.8mm	200ms	1
		10pin	30- <b>50%</b>	100ms	1.3-1.5mm	200ms	2
Cheeks		10pin	40- <b>60%</b>	120- <b>150</b> ms	2.0- <b>3.0</b> mm	250- <b>300</b> ms	1
		10pin	40- <b>60%</b>	100ms	1.5-2.0mm	200ms	2
Stretch Marks		10pin	50- <b>60%</b>	120- <b>150</b> ms	2.5-3.5mm	250- <b>300</b> ms	1
		10pin	50- <b>60%</b>	100ms	2.0-2.5mm	200ms	2

### TREATMENT NOTES:

- **Red not recommended for Skin Types IV and above.** Use lower Intensity for higher skin types. Cross hatch passes with 10% overlap.
- Adjust the needle depth according to the skin irregularities and surface, reduce depth by 0.5mm when needles hit bone or on areas with thinner skin until you find the maximum needle depth without bone contact (not less than 1mm depth).
- Ensure the eye area is cooled in between passes.
- Minimum 300 - 500 shots for spot areas.
- Exercise caution when applying topical anaesthetic on Peri-Orbital treatment.

## Specific Area – Eye, Lip, Hand, and Stretch Marks

Intensive 2+ days redness | 3 - 5 Rx, every 4 weeks | (insulated or non-insulated tips)


	Location	Tip	Intensity	RF	Depth	Delay Time	Pass
Peri-Orbital		25 pin	30- <b>50%</b>	50ms	0.5-0.75mm	100ms	1
		25 pin	30- <b>50%</b>	50ms	0.5-0.75mm	100ms	2
Peri-Oral		25 pin	30- <b>50%</b>	100ms	1.5-1.8mm	200ms	1
		25 pin	30- <b>50%</b>	100ms	1.3-1.5mm	200ms	2
		25 pin	30- <b>50%</b>	100ms	1.0-1.3mm	200ms	3
Hands		25 pin	30- <b>50%</b>	100ms	1.5 – 2.0mm	200ms	1
		25 pin	30- <b>50%</b>	100ms	1.0-1.5mm	200ms	2
Stretch Marks		10 pin	50- <b>60%</b>	120- <b>150</b> ms	2.5-3.5mm	250- <b>300</b> ms	*1
		25 pin	50- <b>60%</b>	100ms	2.0-2.5mm	200ms	2
		25 pin	50- <b>60%</b>	50ms	1.5-2.0mm	100ms	3

### TREATMENT NOTES:

- **Red not recommended for Skin Types IV and above.** Use lower Intensity for higher skin types. Cross hatch passes with 10% overlap.
- Adjust the needle depth according to the skin irregularities and surface, reduce depth by 0.5mm when needles hit bone or on areas with thinner skin until you find the maximum needle depth without bone contact (not less than 1mm depth)
- Ensure the eye area is cooled in between passes
- Minimum 500 shots for spot areas
- \* You may perform a 1st Pass with the 10pin tip over stretch marks as a spot treatment
- Exercise caution when applying topical anaesthetic on Peri-Orbital treatment.


## Surgical Scars Body

(insulated or non-insulated tips)

Tip	Pass	Intensity	RF	Depth	Delay Time	
	25pin	1	40- <b>60%</b>	120-150ms	2.0-3.5mm	250- <b>300</b> ms
	25pin	2	40- <b>60%</b>	100ms	1.5-2.0mm	200ms
	25pin	3	35- <b>50%</b>	50ms	1.0-1.5mm	100ms

## Hyperhidrosis Axilla

(insulated tips)

Tip	Pass	Intensity	RF	Depth	Delay Time	
	25pin	1	<b>80%</b>	<b>150</b> ms	3.0mm	500ms
	25pin	2	<b>70%</b>	<b>150</b> ms	2.0mm	500ms

\*Cross hatch passes 250 pulses per axilla