

# CLATUU™

FREEZING FAT AWAY

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## Treatment Guide

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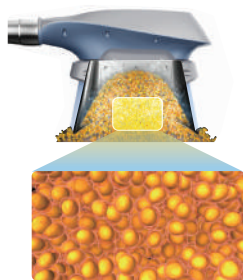
## 1. Introduction

### 1) What is CLATUU

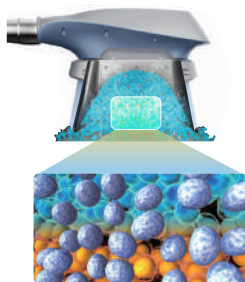
CLATUU is the most advanced device for freezing fat away. The process involves the non-invasive cooling of fat cells to induce lipolysis, without damage to other tissue types. The purpose of CLATUU treatment is to remodel the shape of the body, but in a completely non-invasive way compared to liposuction.

### 2) How does CLATUU work?

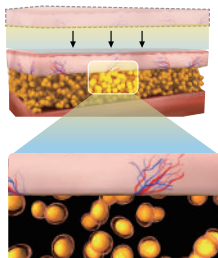
CLATUU is ideal for people who have bulges of stubborn fat in areas such as 'love handles', lower abdomen, thighs, bra bulges, back and upper arms.



Fatty areas are gently vacuumed into the 'cup' between the CLATUU applicators, which then cool the area to a temperature that causes fat cells to crystallize.



The crystallized fat cells then undergo apoptosis, and they are naturally eliminated from the body by its metabolic processes.



Between 4 and 12 weeks after treatment, the fat layer in the treated area should show a visible reduction in thickness.

\*\*Apoptosis is the process of programmed cell death (PCD) that may occur in a multicellular organism. Biochemical events lead to characteristic cell changes (morphology) and death.

## 2. Advantages

- **360° cooling panel**



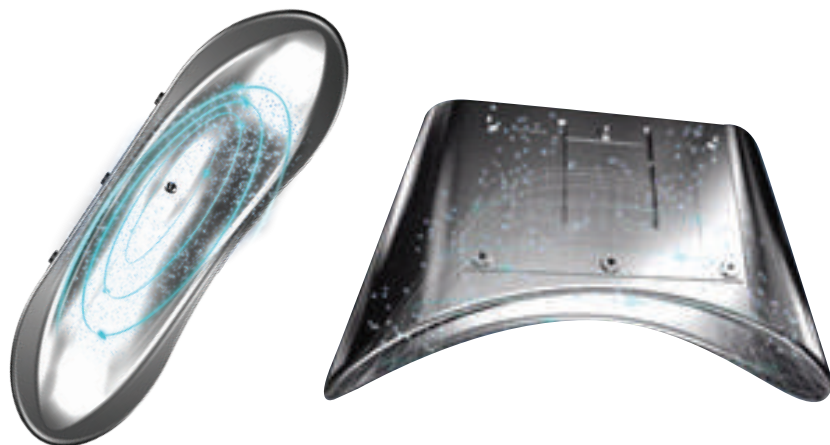
CLATUU has developed a world-first 360° cooling panel that delivers more effective cooling energy than a design with two side cooling panels.

- **Dual Handpiece**



Two applicators work simultaneously, increasing the coverage and reducing treatment time.

- **Strong and powerful cooling system**



The cooling system's precise control increases safety and reduces the risk of damage to surrounding tissues. Its target effect is isolated to the target fat cells.

- **Natural, non-surgical body shaping with minimal discomfort and downtime**



Freezing Fat Away treatment is a non-invasive treatment designed to minimize patient discomfort and downtime. It uses only cooling energy, and patients can typically resume their normal routine immediately following treatment.

- Two types of applicator

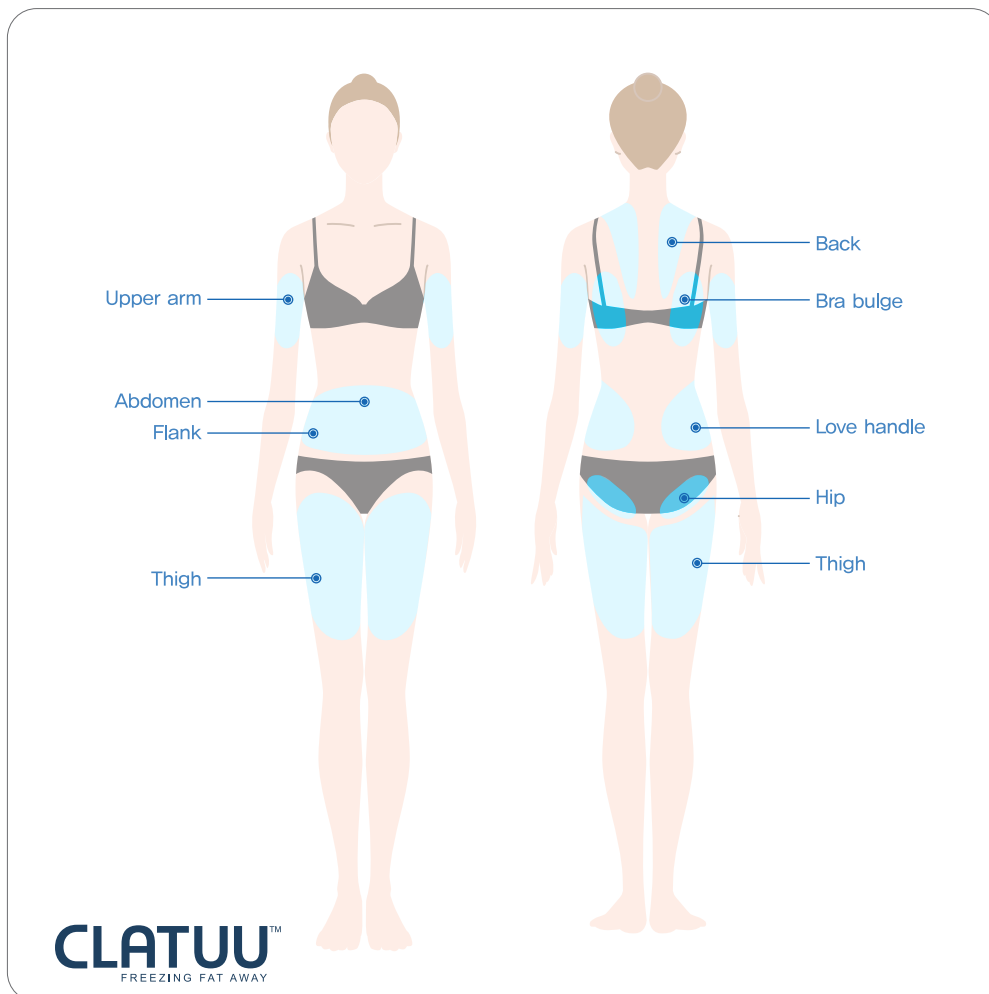


- Wing type applicator: for larger fat deposits, such as on the belly, back, flanks and buttocks.
- Flat type applicator: for smaller areas of fat such as thighs, bra bulges and upper arms.

## 3. Before the treatment

### 1) Appropriate patients for treatment

- A person who is in relatively good shape, but who has some modest deposits of unwanted fat.
- A person seeking spot reduction of specific areas of fat.
- The CLATUU procedure is not for weight loss or obesity.
- If the target area is thin, treatment may not be appropriate and clinical results may greatly vary
- Common applications are shown below: upper arms, abdomen, flank, thigh, back, bra bulge, 'love handles', and hips.



## 2) How to consult with patients

- ① Document the patient's medical history
  - Current medical conditions and medications
  - Previous surgeries
  - Drug allergies
  - Past medical diagnoses and treatments
  
- ② Assessment of the target treatment areas
  - Consult with your patient on where to treat
  - Two applicators can work simultaneously, for example, lower belly right and left, upper arms right and left, etc.
  - Patient selection is the single most important aspect in success of treatments. Ensure proper assessment is made before treating any area, and explain to the patient why some areas are not ideal to treat.
  - Stress the time-saving aspect of the treatment to your patient.
  
- ③ Applicator selection
  - Wing type applicator: for larger fat deposits, such as on the belly, back, flanks and buttocks.
  - Flat type applicator: for smaller areas of fat such as thighs, bra bulges and upper arms.
  
- ④ Patient communication regarding CLATUU treatment
  - How it works
  - Potential levels of discomfort
  - Possible side effects
  - Answers to any specific patient questions.

## 3) Pain management

CLATUU procedures do not require anesthesia. During the procedure, the patient will feel a moderate amount of discomfort for the first ten minutes, but this will steadily diminish as the tissue becomes numb from the cold applicator. When the applicator is first applied, the feeling is that of the skin being pulled strongly into a vacuum. When the cooling process begins, there may be a stinging or cold sensation for the first ten minutes. The patient should then feel quite comfortable for the remainder of the treatment.



#### 4) Contraindications

**If the patient suffers from any of the following, you should not use cold therapy.**

- Impaired sensation. This is because patients cannot report when they become anaesthetised from cold. Tissue damage occurs slightly below the temperature that produce numbness.
- Impaired circulation. Tissue damage may result from vasoconstriction.
- Surgical or other open wounds less than 14 days old.
- Hypersensitivity to cold, such as Raynaud's phenomenon, cold urticaria, cryoglobulinemia, and paroxysmal cold haemoglobinuria.
- Angina pectoris or any cardiac disease.
- Degenerating peripheral nerves.
- Arteriosclerosis
- Varicose veins
- Diabetes
- Anemia
- Chills
- Skin conditions (rashes or open wounds)
- Cancer

## 5) Safety Precautions

**Asprin** - If the patient is taking any amount of aspirin on a daily basis, it may be appropriate to continue to take it under medical supervision and with the treating practitioner's knowledge. However, if the patient is taking aspirin purely for prophylactic reasons, it should be discontinued 10 days before CLATUU treatment. If the patient is taking Coumadin, you should consult with the prescribing doctor regarding whether or not it should be discontinued for the procedure.

**Supplements** - Vitamin E, Ginseng, Garlic tablets and Gingko Biloba should be discontinued two days before a procedure.

**Pain Relief** - Non-steroidal anti-inflammatory agents, such as Motrin, Ibuprofen, Advil, Celebrex, Nuprin, Feldene, Clinoril, Alleve, Naprosyn, or Anaprox must be discontinued two days before CLATUU treatment. This will assist in minimising any chance of bruising. Patients can resume these medications the day following treatment.

**Alcohol** - Alcoholic beverages such as beer, wine and liquor is recommended to be avoided prior to the procedure. Patients may resume them the day after the procedure.

**Clothing** - Patients should be instructed to wear loose, comfortable clothing on the day of their CLATUU procedure. There may be post-procedure swelling, and as the numbness wears off, the patient may be aware of some discomfort in the treated area. Trousers with tight waistbands, belts, and other restrictive clothing should be avoided.

**Pain** - If the patient experiences pain after treatment, recommend Extra Strength Tylenol. Avoid NSAIDS and Aspirin until the day after CLATUU treatment. A compression garment may be given to patients, and this will help reduce discomfort. Patients should expect some discomfort after the procedure; however, if this becomes intolerable, they should contact their practitioner for advice.

**Activities** - Since the CLATUU procedure is non-invasive, patients may resume normal activities immediately. They should continue to wear comfortable clothing for the first 2 days, then gradually return to more fitted clothing as the body tolerates it.

**Results** - Patients should see results as early as three weeks after treatment. More dramatic results should be apparent after two months, and improvement should continue for a further two months or more. The body will continue to flush out the fat cells for up to three months, so improvement should continue through that time period. The result of CLATUU treatment is the elimination of the treated fat cells. The patient should be encouraged to maintain a healthy regimen of diet and exercise in order to enjoy the full long-term benefits of treatment.

## 6) FAQ

### **Should patients avoid any medications when undergoing CLATUU procedures?**

- 1) Patients should cease taking any medications that affect blood circulation 10 days before treatment.
- 2) Over-the-counter medications such as aspirin, anti-inflammatories and fish oil supplements could make bruising more likely and should not be taken for 10 days before treatment.

### **What is a normal response after the CLATUU procedure?**

After the treatment finishes, the area may feel tender or stiff. Some patients can observe redness in the treated area, but this typically fades in a few hours. Patients are free to engage in normal activities immediately after the treatment.

### **What results should be expected from CLATUU treatment?**

Patients should normally see a noticeable improvement in the treated area after 6 weeks. Remaining fat cells continue to be gradually eliminated from the body, resulting in further fat reduction. The full benefit of the treatment should be seen after 90 days, at which point the practitioner can determine whether another treatment is needed.

### **What is Apoptosis?**

Apoptosis is the process of programmed cell death (PCD) that may occur in multicellular organisms. Biochemical events lead to characteristic cell changes (morphology) and death; other cells clean away the dead cells, leaving no trace of them in the body.

### **How much is the size of the treated area likely to reduce?**

Studies indicate that one session (applying one applicator) can reduce the size by 1 centimeter. Given that CLATUU has two applicators, it is possible to reduce the size by 2 centimeters at a time.

### **How long does a CLATUU treatment take?**

CLATUU treatment takes 40-60 minutes. The practitioner should determine the time and level of CLATUU procedure according to the targeted area. The patient can relax, sleep, read or listen to music in a comfortable position during the treatment.

It is important not to exceed the recommended treatment time.

### **How many treatments are needed?**

It depends on the thickness of the fat. CLATUU treatment can be repeated on the same area at 90-day intervals.

## What can the patient expect during the procedure?

The initial sensation is that the skin is being pulled into a vacuum. For the first 10 minutes, the cooling process may sting or feel uncomfortable. Thereafter, the area simply feels cold and numb. When the applicator is removed, the treated area feels cold and hard. Massage after the treatment assists in optimising the results.

## How safe is the CLATUU procedure?

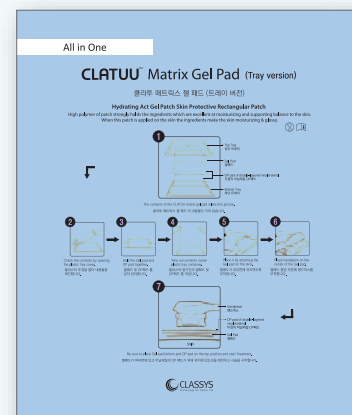
CLATUU has been subjected to thousands of hours of testing. Controlled cooling has been proven to damage fat cells only. CLATUU requires the use of a gel pad provided by Classys, as this is essential to protect the surface layers of the skin.

## How long will it take to recover from CLATUU treatment?

CLATUU treatment is completely non-invasive and non-surgical, so, in most cases, patients can return to their normal routine after treatment.

## NOTE: Genuine CLATUU Matrix Gel Pads

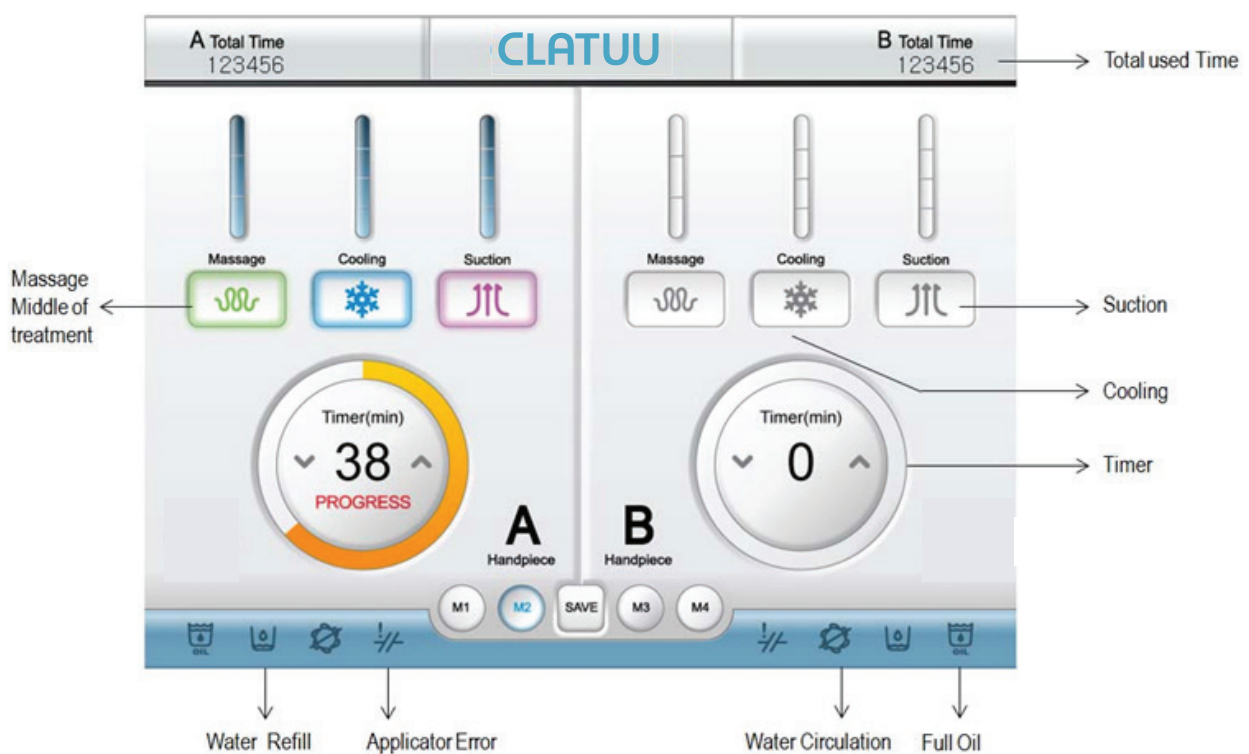
- The Gel pad from Classys is an essential component of the CLATUU procedure as it has been approved by CE and KFDA.
- The gel pads are disposable. Reusing them is not recommended. This may cause problems both for the device and for the patient being treated.
- It is critical that the original Gel pad from Classys be used as per instructions.



## 4. How to treat

- Only fully-trained practitioners should operate the CLATUU.
- Do not exceed the recommended operation time.

### 1) Preparation



- ① Adjust Massage level by clicking the bar
- ② Adjust Cooling level by clicking the bar
- ③ Adjust Suction level by clicking the bar
- ④ Adjust Operation time by clicking the arrow sign

## 2) Treatment in sequence

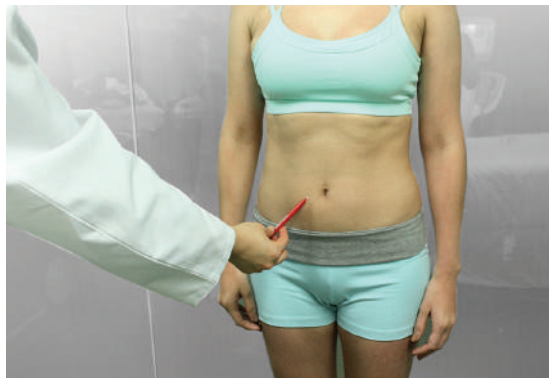
### Consultation

- Location of treatment
- Current medications

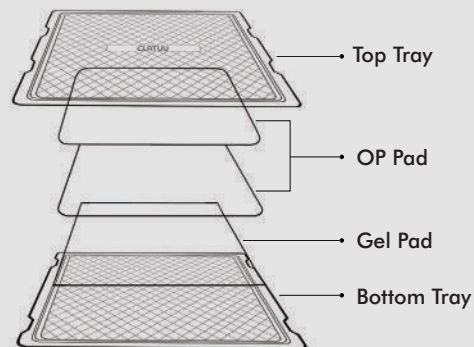


### Design

For accurate treatment, mark the area where the applicator should be placed while the patient is standing.



Be sure to place the Gel pad on the bottom and the OP pad above it before starting treatment.



### Applying the gel pad

Ensure there are two OP pads on the gel pad and that the gel is applied to the entire gel pad.



**Applying the handpiece to the gel pad**

Be sure to place the handpiece in the middle of the gel pad.



**During treatment**

The CLATUU procedure usually takes between 40 and 60 minutes. It is important to keep the patient in a comfortable, neutral position throughout treatment to achieve optimal results.



**Removing the applicator**

- When you hear the alarm from the machine, you should remove the applicator.
- Remove the gel pad
- Clean off the remaining gel.



**Massage**

Massage the treated area for 2-5 minutes



### 3. Parameters for CLATUU treatment

Please note that parameters may vary, depending on the particular characteristics of each patient.

#### ARM

TX time set: 20 - 40 min

Suction Level: 3 - 4

Cooling Level: 3 - 4



※ For upper arm treatment, do not exceed 20 - 40 minutes to protect the ulnar nerve from damage.

#### ABDOMEN

TX time set: 60 min

Suction Level: 4

Cooling Level: 4



#### FLANK

TX time set: 60 min

Suction Level: 4

Cooling Level: 4



#### BACK

TX time set: 60 min

Suction Level: 3 - 4

Cooling Level: 3 - 4



#### THIGH

TX time set: 60 min

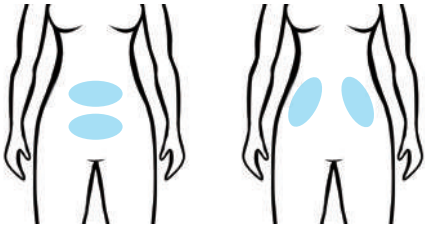
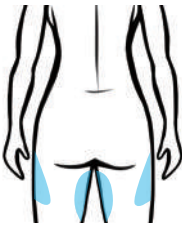


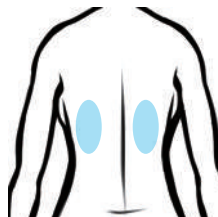
Suction Level: 3 - 4

Cooling Level: 3 - 4





**4) Examples of treatments on various areas**

Area	Applicator Placement	Reminders
Abdomen		<p>Use flat type applicator for upper belly, depending on the patient's shape and/or the extent of bulging fat deposits.</p>
Thigh		<p>Wing or flat type applicator, depending on the patient's shape and/or the extent of bulging fat deposits.</p>
Upper Arms		<p>Flat type applicator</p>
"Love handles"		<p>Wing or flat type applicator, depending on the patient's shape and/or the extent of the 'bulge' of fat deposits.</p>
Back		<p>Flat type applicator</p>

## 5. Post treatment

### 1) Recommendations for post-treatment care

- When the applicator is removed, the treated area will feel cold.
- Massage: after 40-60 minutes, the treatment is completed and the handpiece is removed. The treated area will be firm immediately after the procedure. Massage can optimise the treatment results. It also helps remove stiffness, reduce the cold sensation and redness.
- Compared to liposuction surgery, the CLATUU procedure is non-invasive, and anaesthesia or pain medication is not generally required. Downtime or scarring are extremely unlikely.
- No difference in fat deposits can be seen immediately after the treatment. About a month after treatment, the patient will see a visible reduction of fat in the treated area.

### 2) Planning further CLATUU treatments

Additional treatments can help achieve the desired outcome. After 90 days, the same area can be treated again. When planning a second treatment on the same area, it is recommended that you customise the plan, changing applicators, and varying the location slightly.

### 3) Maximising treatment benefits

Patients should expect slight discomfort after the procedure.

Patients may resume their normal activities immediately after the procedure.

Patients should be encouraged to maintain a healthy regimen of diet and exercise after treatment.

### 4) Normal response vs. side effects

**Chilling:** During the CLATUU procedure, the patient will feel a moderate amount of discomfort for the first 10 minutes. This will steadily decrease as the tissue becomes numb from the cold applicator.

**Erythema (redness):** The treated area may exhibit erythema immediately following the treatment. This typically resolves within a day of treatment.

**Bruising:** Mild bruising, which is caused by strong suction to soft tissue blood vessels, may occasionally occur and typically resolves within 2-3 weeks of treatment.

**Discomfort:** Initial discomfort may be experienced during the first 10 minutes of the procedure.

**Numbness:** The patient could experience a temporary dulling of sensation in the treated area. This can occur up to 2-4 weeks after the procedure.

**Itchy feeling:** A mild itchiness may occur in the treated area that may last 2-4 weeks after the procedure.

**Stiffness:** The patient's skin may feel sensitive to touch following the procedure. This is a normal and temporary response.