

## SONOCARE STEPS FOR TREATMENT

1. Turn system on via breaker switch at back
2. Press on button left side of device
3. Password is 0000
4. Select **Face** on 'Face / Body' treatment screen



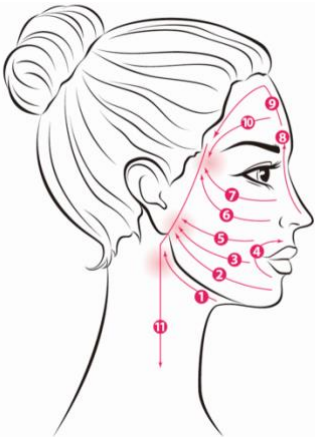
## SKIN TIGHTENING

8-10 sessions, 1-2 times per week

	Step 1	<b>Apply sonocare gel</b> to R side under chin, jaw, lower face and cheeks.
	Step 2	<b>Select CS09 mode</b> (Tightening) and change time to 3-4 minutes for half face SC09 mode uses 1/3MHz for deep muscle and fat layer and lymphatic massage.
	Step 3	Press play button, <b>Using yellow probe</b> , rub slowly 1cm / second with a bit of pressure starting on the jaw line working up, remove from skin and reapply to move with lymphatics. Focus on double chin and lower cheek area. Repeat 3-4 times- 1 min per pass – treat 3-4 mins over right half face only
	Step 4	<b>Apply sonocare gel</b> to L side under chin, jaw, lower face and cheeks.
	Step 5	<b>Select CS09 mode</b> (Tightening) and change time to 3-4 minutes for half face
	Step 6	Press play button, <b>Using yellow probe</b> , rub slowly 1cm / second with a bit of pressure starting on the jaw line working up, remove from skin and reapply to move with lymphatics. Focus on double chin and lower cheek area Repeat 3-4 times- 1 min per pass – treat 3-4 mins over left half face only.
	Step 7	<b>Apply sonocare gel</b> to remaining areas of treatment on right hand side of face i.e. peri orbital, forehead and reapply to lower face and cheeks. <i>During tightening mode patient will feel some heat but very comfortable. Delivering 42-45 of frictional heat energy in dermis. Contraction for short term effects. You can expect better elasticity, tightening as well as hydration from treatment.</i>
	Step 8	Change mode to <b>SC01 (Tightening)</b> or <b>SC02 (Wrinkle)</b> depending on age <b>Select the blue probe</b> . In the same technique moving 1cm/sec with mild pressure position handpiece starting point chin working your way with along jaw line with lymphatics finish with vertical sweep to in front of ear close to hair line. It takes about 3 mins to treat half face. Repeat is 2 (Sc01) – 3 (Sco2) times. Start on R hand side of the face. The machine will show pop-up message “Treat other side” when the half of set time is finished (SC01-9mins, SC02-6mins).
	Step 9	<b>Apply sonocare gel to remaining areas of treatment on left hand side of face i.e. peri orbital, forehead and reapply to lower face and cheeks. Touch the pop-up message, and touch the “enter” icon. Then treatment will be continued.</b>
	Step 10	The remaining time will be continued automatically. In the same technique moving 1cm/sec with mild pressure position handpiece starting point chin working your way with along jaw line with lymphatics finish with vertical sweep to in front of ear close to hair line. It takes about 3 mins to treat half face. Repeat is 2 (Sc01) – 3 (Sco2) times. Start on L hand side of the face.
	Step 11	After treatment, gently clean the remaining gel and finish the treatment.
	Step 12	Clean probes with alcohol swab

## MOISURINSING, ACNE, SOOTHING FULL FACE TREATMENT

8-10 sessions, 1-2 times per week

	Step 1	<b>Apply sonocare gel</b> to remaining areas of treatment on right hand side of face i.e. peri orbital, forehead and reapply to lower face and cheeks. Rub gently but make sure the contact between skin and probe.
	Step 2	Change mode to intended program and touch the “enter” icon. <b>Select the blue probe.</b> In the same technique moving 1cm/sec with mild pressure position handpiece starting point chin working your way with along jaw line with lymphatics finish with vertical sweep to in front of ear close to hair line. Start on R hand side of the face. It takes about 3 mins to treat half face <b>one cycle</b> . Repeat it 2-3 times depend on mode. <b>When the half of the set time is finished, it will show “Treat other side” pop-up message.</b>
	Step 3	<b>Apply sonocare gel to remaining areas of treatment on left hand side of face i.e. peri orbital, forehead and reapply to lower face and cheeks. If you are ready to start the left side treatment, touch the pop-up message, then touch the “enter” icon.</b>
	Step 4	<b>Select the blue probe.</b> In the same technique moving 1cm/sec with mild pressure position handpiece starting point chin working your way with along jaw line with lymphatics finish with vertical sweep to in front of ear close to hair line. You see immediate effects for moisturising, flush or soothing <b>It takes around 3mins for one cycle. Repeat it 2-3 times depends on mode. You see immediate effects for moisturising, flush or soothing.</b>
	Step 5	After treatment, gently clean the remaining gel and finish the treatment.
	Step 6	Clean probes with alcohol swab

## ACNE, SOOTHING, ACNE SCAR, FOCUSED TREATMENT

8-10 sessions, 1-2 times per week

Step 1	<b>Apply sonocare gel</b> to area
Step 2	<i>Select User mode from the upper bar, and set SC04 which is 10MHz program.</i>
Step 3	Press play button, <b>Using blue probe</b> , rub slowly 1cm / second. Do not press, rub gently and slowly. Slow rubbing makes possible enough ultrasound energy delivery. You can rub extra 1-2 mins for one small area, after full face program. It is good to treat redness after laser treatment, acne or flush
Step 4	After treatment, gently clean the remaining gel and finish the treatment.
Step 5	Clean probes with alcohol swab

## NOTES FOR TREATMENT

### Questions and Answers

<p>Time:</p>	<ul style="list-style-type: none"><li>Why would you use Skin Tightening setting?</li></ul> <p>Almost all programs are set 12mins to make 2 cycle for whole face since it takes around 3mins for half of face. For first 3mins, Sonocare generates 10MHz to treat dermis layer, and it generates 3 and 10MHz alternative frequency for next 3mins for deeper effect. And then it repeats from 10MHz to 3/10MHz. At this time, treat the other side.</p>
<p>Level:</p>	<p>However, for tightening and acne scar, it can be helpful if we treat one more cycle with 10MHz. So they are set for 18 mins to treat 3 cycles.</p> <p>We use level 6 for only tightening and wrinkle mode to deliver more thermal energy. For normal skin but with some skin trouble(moisturizing, acne, scar), we use level 3~4 which is medium level. If we use higher level, the skin troubles may become worse (in short term), and heat energy does not affect in positive way for moisturizing, and skin trouble.</p> <p>Therefore, we use medium level which is enough to stimulate dermis layer with a mild warm feeling.</p> <p>For very sensitive skin, bruise, redness, we use low power which is 1~2 level. It is not good to deliver any heat energy for them since it may make worse the redness, or irritated skin. Therefore, we use lower power, and the patients hardly feel heat.</p>
<p>Pre-set: programs</p>	<p>Time and Level setting pre-set:</p> <ul style="list-style-type: none"><li>What's the difference The difference is time, level as explained above.</li><li>What's the expected clinical outcome It helps for tightening, wrinkle, sonophoresis, moisturizing, acne, soothing, etc as they mentioned in program chart.</li><li>What's the endpoint You can finish each mode when the set program is finished.</li></ul>
	<ul style="list-style-type: none"><li>Treatment movie of each program and you talking explaining in detail why. Please review Coolnet for training movie.</li></ul>