

dalyance Quick Reference Guide

<https://www.youtube.com/watch?v=rZIKr5oUK8g>



Face Radio Frequency Treatments

Monopolar RF – Return plate must be used

- Deep firming of the face
- Lifting sagging jowls and cheeks
- Smoothing eye bags

Bipolar RF

- Smoothing lines and wrinkles
- Crow's feet, frown, forehead lines, NLF, perioral lines

Combination Treatment

- 20 minutes monopolar + 10 minutes bipolar each side of the face

Return plate for monopolar treatment – ensure return plate has full contact with the skin on the upper back. It is very important that the patient is aware that the return plate can potentially get very warm. Their feedback if this occurs is necessary to avoid discomfort.

Face Radio Frequency Treatment

Treatment setting start at 35%, vary up or down based on patient tolerance

Time 15 minutes per side, 30 minutes total.

Treatment movements: Circular for preheating, then lines

Initial Treatments (Mild photodamage): Minimum 6 sessions every 2 weeks **Maintenance Treatments:** 1 session every 3 months

Initial Treatments (Moderate - severe photodamage): Minimum 8 sessions every 2 weeks **Maintenance Treatments:** 1 session every 2 months

Neck Radio Frequency Treatment

Treatment setting start at 30%, vary up or down based on patient tolerance

Time 15 minutes per side, 30 minutes total.

Treatment movements: Circular for preheating, then lines

Initial Treatments (Mild photodamage): Minimum 6 sessions every 2 weeks **Maintenance Treatments:** 1 session every 3 months

Initial Treatments (Moderate - severe photodamage): Minimum 8 sessions every 2 weeks **Maintenance Treatments:** 1 session every 2 months

Décolletage Radio Frequency Treatment

Treatment setting start at 30%, vary up or down based on patient tolerance

Time 15 minutes per side, 30 minutes total.

Treatment movements: Circular for preheating, then lines

Initial Treatments (Mild photodamage): Minimum 6 sessions every 2 weeks **Maintenance**

Treatments: 1 session every 3 months

Initial Treatments (Moderate - severe photodamage): Minimum 6-8 sessions every 1-2 weeks

Maintenance Treatments: 1 session every 2 months

Face Radio Frequency Treatment Steps

1. Switch on System
2. Start up software
3. Choose Radiofrequency Face Treatment
4. Introduce parameters – Time and Power
5. Put hair band on patient
6. Fit return plate – must be 100% in contact with the skin
7. Cleanse face with toner/micellar water
8. Spread conductive cream onto treatment area
9. Support cable on arm
10. With full contact, start treatment with monopolar tip for 20 minutes
11. Check skin temperature with IR thermometer, should be 39 - 41°C
12. Remove return plate
13. Start treatment with bipolar tip for 10 minutes
14. Check skin temperature with IR thermometer, should be 39 - 41°C
15. Remove conductive cream
16. Apply moisturiser

Body Radio Frequency Treatments

Monopolar RF – Return plate must be used

- Deep treatment with fluid retention areas
- Aqueous fat ± oedematous cellulite

Quadripolar RF

- Smaller areas
- Arm, Abdomen and sides

Hexipolar RF

- Larger areas
- Legs, buttocks and love handles

The quadripolar and hexipolar (multipolar) handpieces heat through the epidermis, Subcutaneous and medium depth adipose tissue, and are ideal for treating compact fat and fibrotic cellulite.

Combination Treatments

- 20 minutes monopolar + 10 - 15 minutes multipolar

Return plate for monopolar treatment – ensure the return plate has full contact with the skin on the upper back. It is very important that the patient is aware that the return plate can potentially get very warm. Their feedback if this occurs is necessary to avoid discomfort.

Arms Radio Frequency Treatment

Body or Face hand pieces may be used, depending on the size of the arms and thickness of tissue on the treatment area.

Treatment setting start at 40%, vary up or down based on patient tolerance

Time 5 minutes per part, 20 minutes total.

Treatment movements: Circular for preheating, then lines

Initial Treatments: Minimum 6 sessions every 1 - 2 weeks

Maintenance Treatments: 1 session every 2 - 3 months

Abdomen Radio Frequency Treatment

Treatment setting start at 40%, vary up or down based on patient tolerance

Time 10 – 15 minutes per half, 20 – 30 minutes total.

Treatment movements: Circular, spirals, figure 8, lines

Initial Treatments: Minimum 6 sessions every 2 weeks

Maintenance Treatments: 1 session every 3 months

Thighs Radio Frequency Treatment

Treatment setting start at 40%, vary up or down based on patient tolerance

Time 15 - 20 minutes per section, 30 minutes – 1 hour total.

Treatment movements: Circular, spirals, figure 8, lines

Initial Treatments: Minimum 6 sessions every 2 weeks

Maintenance Treatments: 1 session every 1 - 3 months

Buttocks Radio Frequency Treatment

Treatment setting start at 40%, vary up or down based on patient tolerance

Time 5 - 10 minutes per section, 10 – 20 minutes total.

Treatment movements: Circular, spirals, figure 8, lines

Initial Treatments: 6 sessions every 1 - 2 weeks

Maintenance Treatments: 1 session every 1 - 3 months

Body Radio Frequency Treatment Steps

1. Switch on System
2. Start up software
3. Choose Radiofrequency Body Treatment
4. Introduce parameters – Time and Power
5. Fit return plate onto back – must be 100% in contact with the skin
6. Spread conductive cream onto treatment area
7. Press the pedal throughout the treatment to activate power
8. With full contact, start treatment with monopolar tip for 20 minutes, using circular movements all over the treatment area
9. Check skin temperature with IR thermometer, should be 39 - 41°C
10. Remove return plate
11. Start treatment with multipolar tip for 10 minutes all over the area
12. Check skin temperature with IR thermometer, should be 39 - 41°C
13. Remove conductive cream
14. Apply moisturiser

Ultrasound Treatment

Has both Flat and Concave heads

Flat Ultrasound head

- Localized fat in large areas
- Side of leg, larger love handles, abdomen
- Reduce volumes of fat, liquefy and remove from tissue

Concave Ultrasound head

- Focusses on to specific point
- Oedematous and fibrotic cellulite
- Love handles, subumbilicum area, sides

Abdomen and Sides Ultrasound Treatment

Treatment setting 80 - 100%

Time 40 minutes (10 minutes x 4 zones).

Applicator: concave/flat

Treatment movements: Circular, spirals, figure 8, lines

Initial Treatments:

Maintenance Treatments:

Thighs Ultrasound Treatment

Treatment setting 80 - 100%

Time 40 minutes (10 minutes x 4 zones).

Applicator: concave/flat

Treatment movements: Circular, spirals

Initial Treatments:

Maintenance Treatments:

Arms Ultrasound Treatment

Treatment setting 60 - 70%

Time 20 minutes (10 minutes x 2 zones).

Applicator: concave/flat

Treatment movements: Circular, spirals

Initial Treatments:

Maintenance Treatments:

Hips Ultrasound Treatment

Treatment setting 80 - 100%

Time 20 minutes (10 minutes x 2 zones).

Applicator: concave/flat

Treatment movements: Circular, spirals

Initial Treatments:

Maintenance Treatments:

Ultrasound Treatment Steps - Flat

1. Switch on System
2. Start up software
3. Choose Ultrasound Treatment
4. Introduce parameters – Time and Power
5. Spread ultrasound gel onto treatment area
6. Press pedal throughout the treatment to activate power
7. Start of treatment – apply the flat electrode 15 – 20 minutes
8. Take hold of the fat folds and apply power for 4 – 15 seconds, depending on patient sensitivity
9. Remove ultrasound gel
10. Apply moisturiser

Ultrasound Treatment Steps - Concave

1. Switch on System
2. Start up software
3. Choose Ultrasound Treatment
4. Introduce parameters – Time and Power
5. Spread ultrasound gel onto treatment area
6. Press pedal throughout the treatment to activate power
7. Start of treatment – apply the concave electrode 15 – 20 minutes
8. Remove ultrasound gel
9. Apply moisturizer

Combination RF and Ultrasound Treatment

Radiofrequency Treatment 20 minutes to treat volume of fat, followed by Ultrasound treatment 10-15 minutes focused on fibrotic cellulite.