

# PROTOCOL GUIDE

## FOR BODY TREATMENT

- ❖ **ABDOMEN**
- ❖ **FLANKS**
- ❖ **THIGHS**
- ❖ **FOREARM**
- ❖ **BREAST-UP**

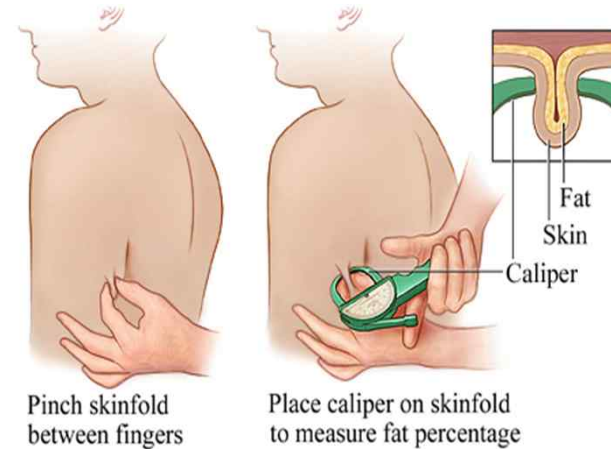
# CAUTION

## **\*\* IN CASE OF UNSUITABLE**

- 1. HCVD PATIENT AND PATIENTS WHO IMPLANT PEACE MAKER**
- 2. CHILDREN / PREGNANT / BREAST-FEEDING**
- 3. SCAR OR BLEEDING**
- 4. PEOPLE WHO HAVE TUMOR**
- 5. PEOPLE WHO HAVE RADIOTHERAPY**
- 6. SERIOUS PERIPHERAL CIRCULATORY DISTURBANCE**
- 7. SEPTICEMIA**
- 8. PEOPLE WHO HAVE VERY THIN SKIN**
- 9. PEOPLE WHO DON'T HAVE AUTOIMMUNE**
- 10. PEOPLE WHO IMPLANT METAL STAND FOR TREATMENT AREA**
- 11. INFLAMMATION ACNE**
- 12. CAVITY, BRACKET, IMPLANT (TREATMENT AFTER COVERING BY GAUZE)**
- 13. DIABETES / EPILEPTIC**

# HOW TO MEASURE FAT THICKNESS BEFORE TREATMENT (VERNIER CALIPER)

Fat Thickness	Cartridge
fat ≥ 20mm	13mm
Fat < 20mm	7mm/4.5mm

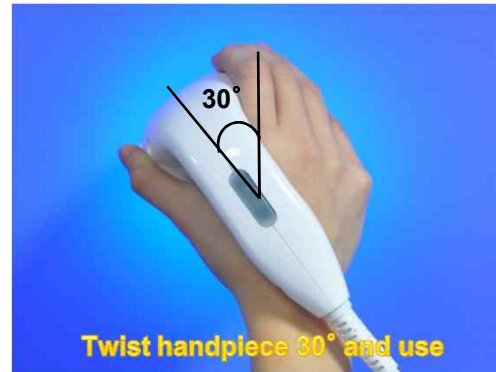


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Treatment area	Measuring area
Abdomen	Around navel
Flanks	Between ribs and pelvis
Thighs	Thigh under hip
Forearm	Upper armpit
Breast	Under armpit or breast near armpit

# HOW TO USE AND TEST CARTRIDGE BEFORE TREATMENT

## \*\* HOW TO GRIP BODY SHOT CARTRIDGE AND USE TRIGGER



## \* TESTING METHOD

: YOU CAN CHECK WHETHER CARTRIDGE WORKS WELL OR NOT BY WATER / ULTRASOUND GEL.



# HOW TO USE CARTRIDGE AND TEST METHOD BEFORE TREATMENT

## \* HOW TO GRAB MULTI SHOT CARTRIDGE AND USE TRIGGER



## \* TESTING METHOD

: YOU CAN CHECK WHETHER CARTRIDGE WORKS WELL OR NOT BY WATER / ULTRASOUND GEL.



# **CAUTION DURING TREATMENT**

- 1. Spread fully ultrasound gel 3mm~5mm**
- 2. To avoid bubble inside gel, smooth ultrasound gel during treatment.**
- 3. Check the lines at all time whether design line and cartridge guide line are the same place or not.**
- 4. Treat with pressure to apply cartridge to ultrasound gel on skin surface completely.**
- 5. Check patient's condition during treatment.**

# PAIN TEST BEFORE TREATMENT

## Patient Level(Energy/Spacing) Test

13mm cartridge	Lv. 7
7mm cartridge	Lv. 7
4.5mm cartridge	1.0J/1.5mm

TX area	Test area	Range (Level, Energy/Spacing)
Abdomen	Around navel	Lv. $\pm 2$
Flanks	Between ribs and Iliac crest	Lv. $\pm 2$
Thigh	Thigh under hip	Lv. $\pm 2$
Forearm	Upper armpit	Lv. $\pm 2$ , $\pm 0.2J/+0.5mm$
Breast	Under armpit or breast near armpit	Lv. $\pm 2$ , $\pm 0.2J/+0.5mm$

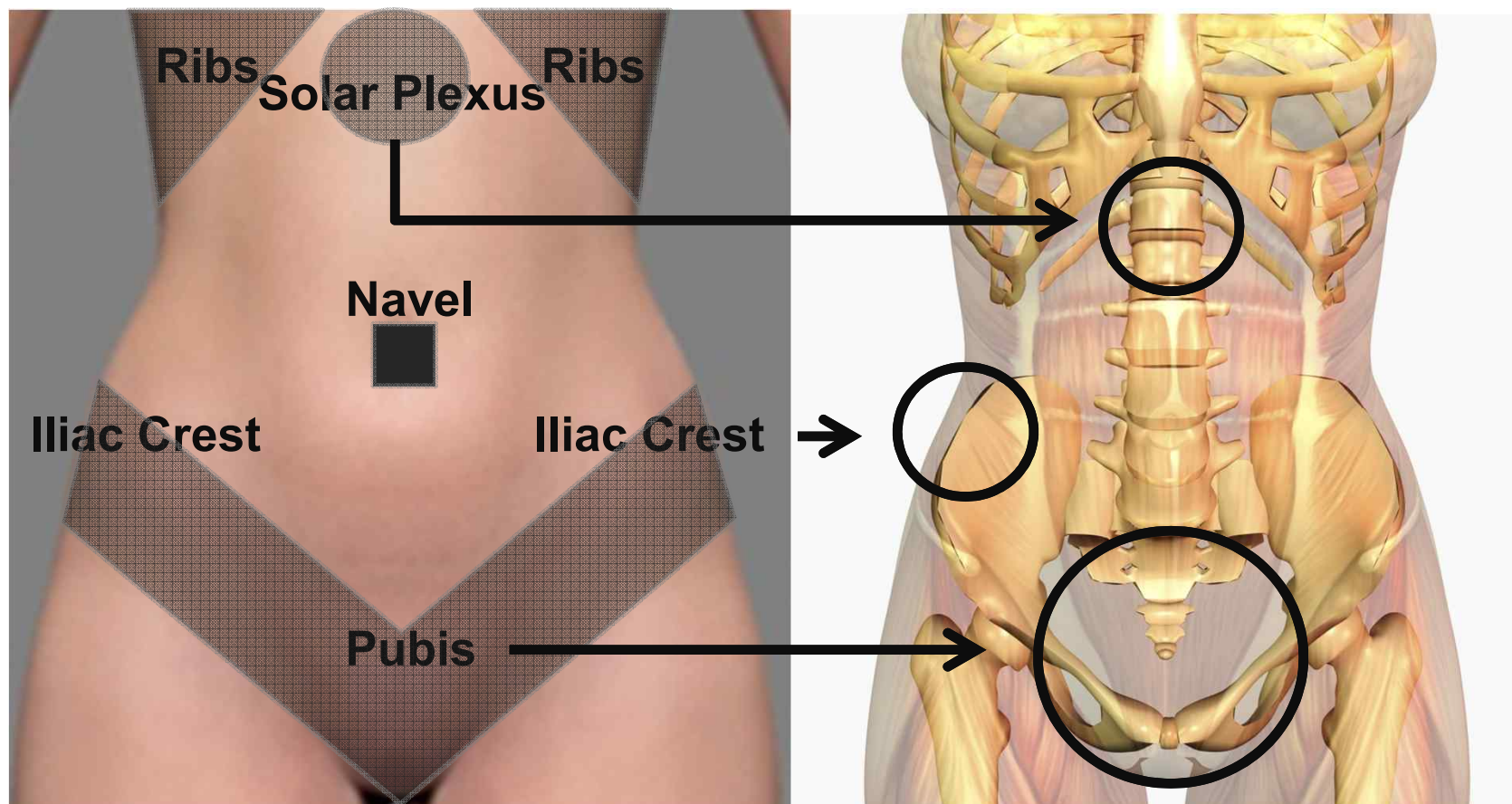
# ABDOMEN

## PROCESS

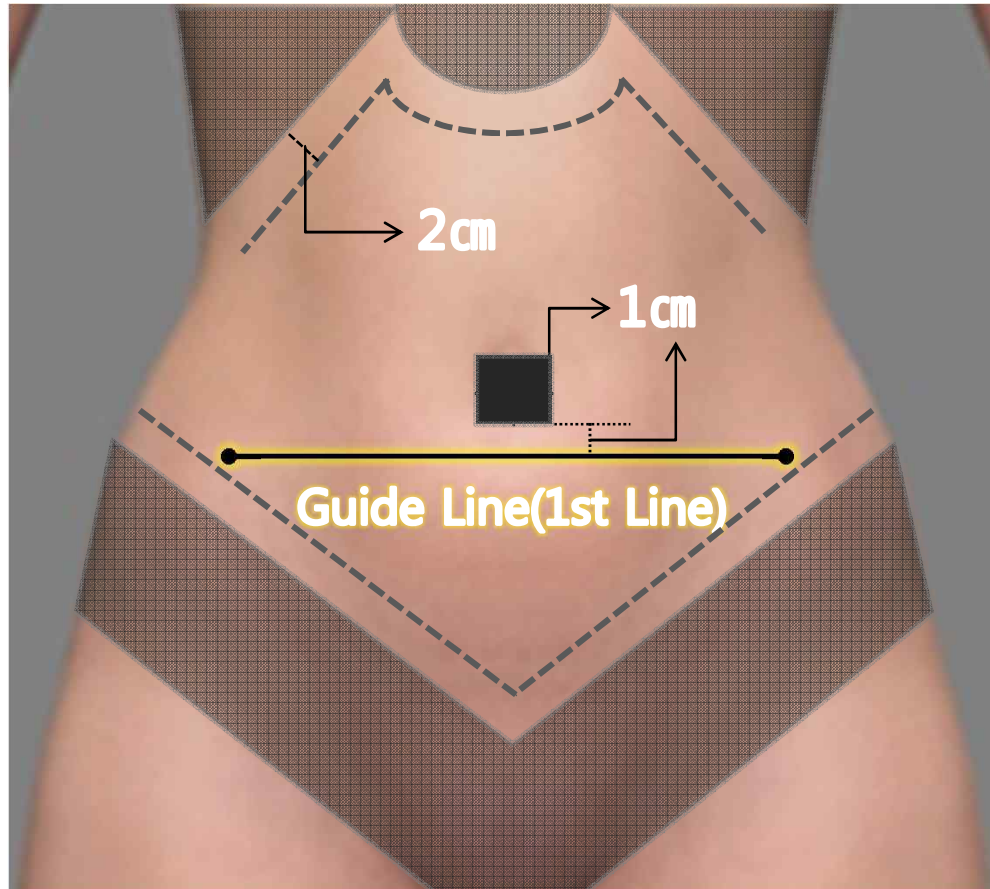
1. CAUTION AREA
2. HOW TO DRAW GUIDE LINE
3. PROCEDURE
4. PROTOCOL ACCORDING TO FAT THICKNESS



# 1. CAUTION AREA



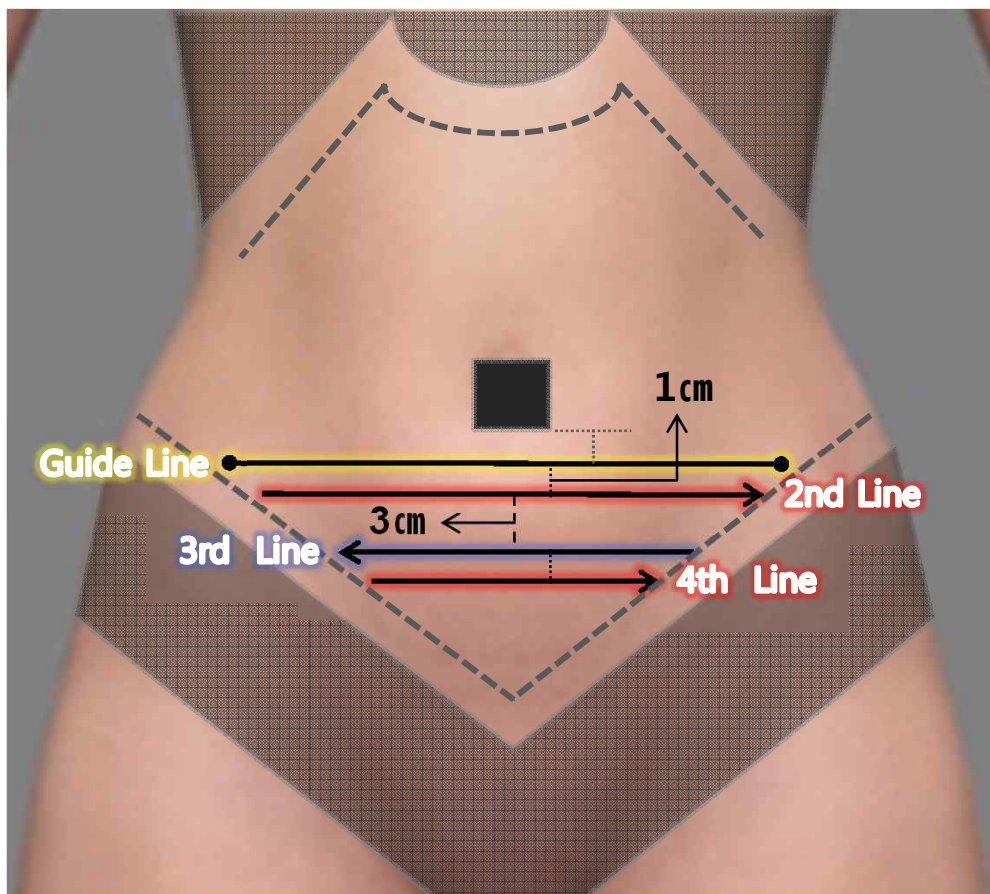
## 2. HOW TO DRAW BASIC GUIDE LINE



- ① ■ Check Caution Point
- ② ■ spacing 1cm each side with navel as the center
- ③ --- Draw design line from Caution Point inside 2cm
- ④ ■ Draw **Guide Line (1st Line)** under navel 1cm

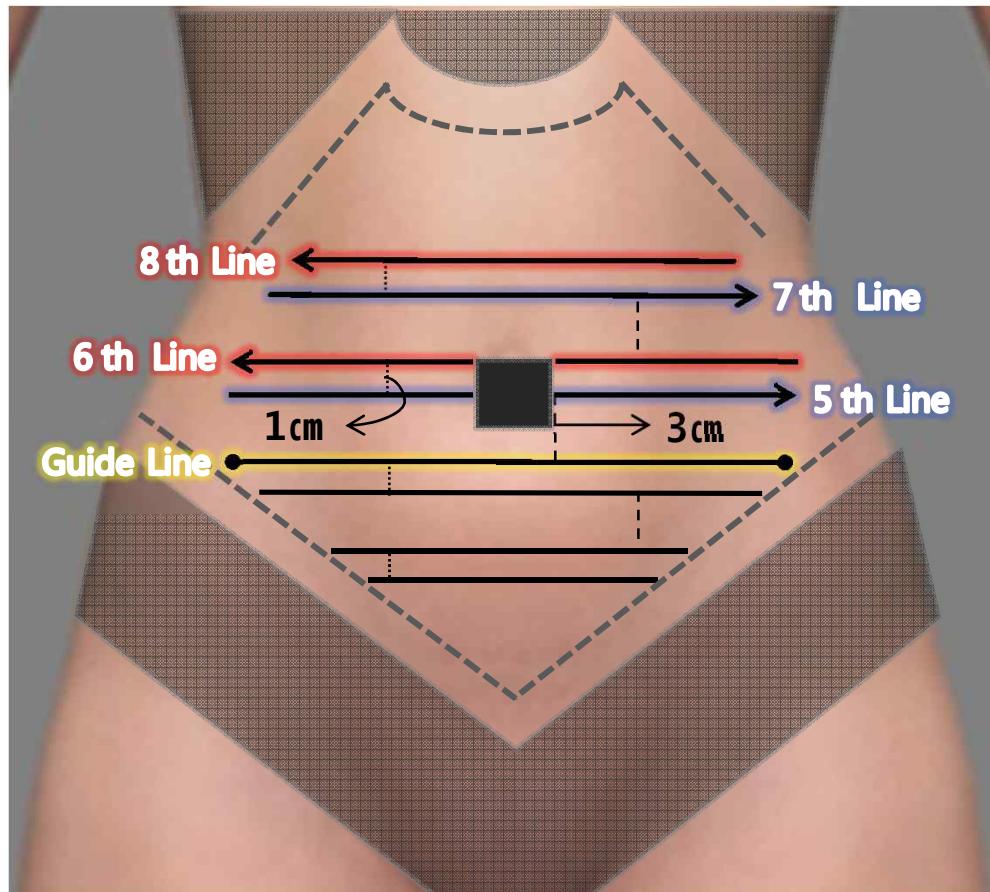
※ THE STANDARD OF DESIGN LINE = 4cm (LENGTH OF TRANSDUCER), DESIGN LINE ±1, 2LINE

## 2-1. HOW TO DRAW UNDER ABDOMEN GUIDE LINE



- ① Draw **2nd Line** under 1cm of **Guide Line**
- ② Draw **3rd Line** under 3cm of **2nd Line**
- ③ Draw **4th Line** under 1cm of **3rd Line**

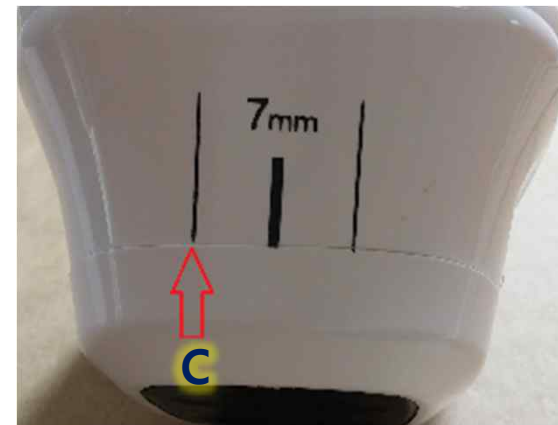
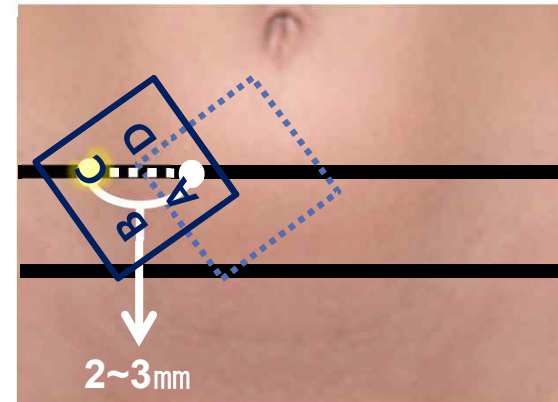
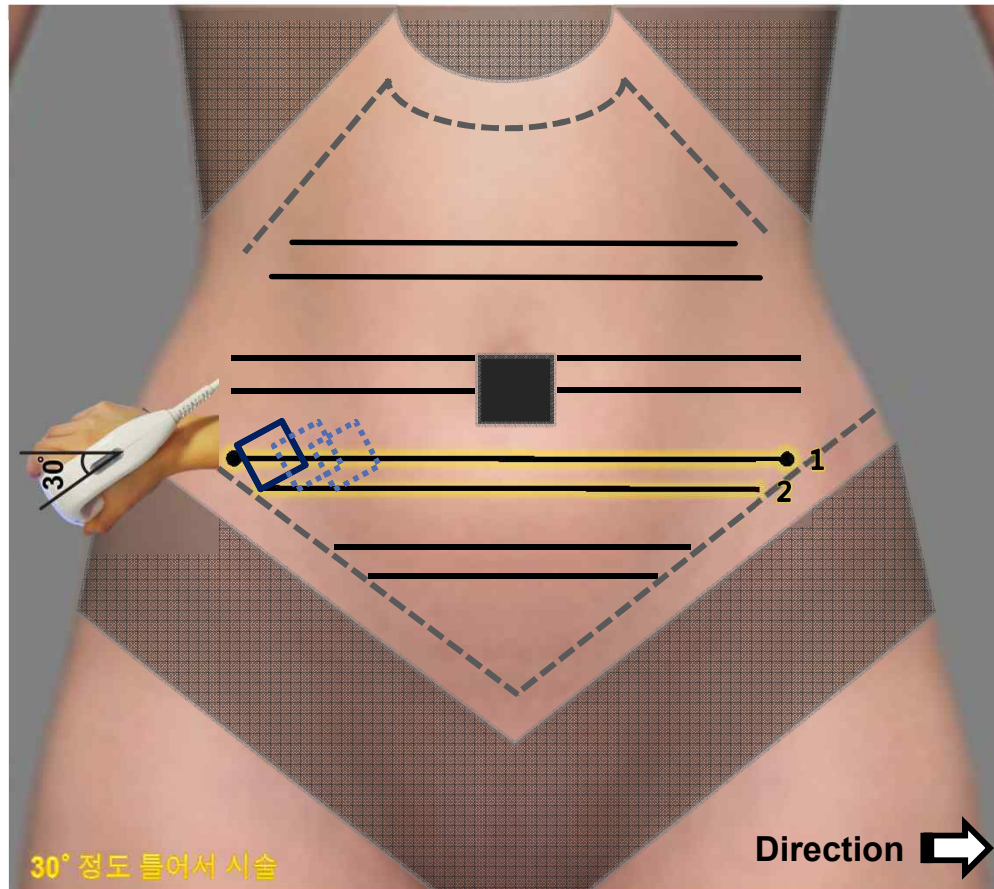
## 2-2. HOW TO DRAW UPPER ABDOMEN GUIDE LINE



- ① Draw **5th Line** upper 3cm of **Guide Line**
- ② Draw **6th Line** upper 1cm of **5th Line**
- ③ Draw **7th Line** upper 3cm of **6th Line**
- ④ Draw **8th Line** upper 1cm of **7th Line**

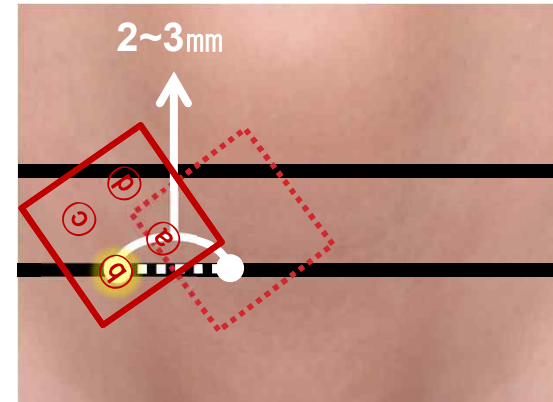
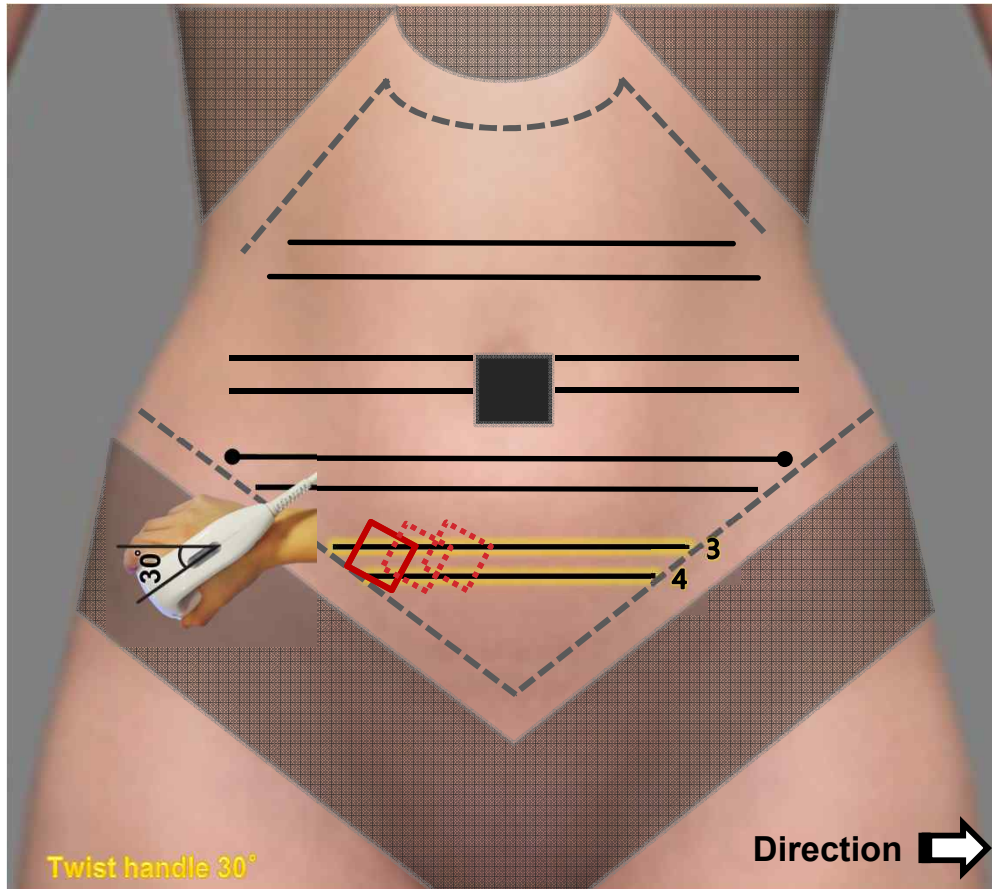
# 3. PROCEDURE - UNDER AB.

※ YOU SHOULD MAKE TEST SHOT BY WATER OR ULTRASOUND GEL BEFORE TREATMENT



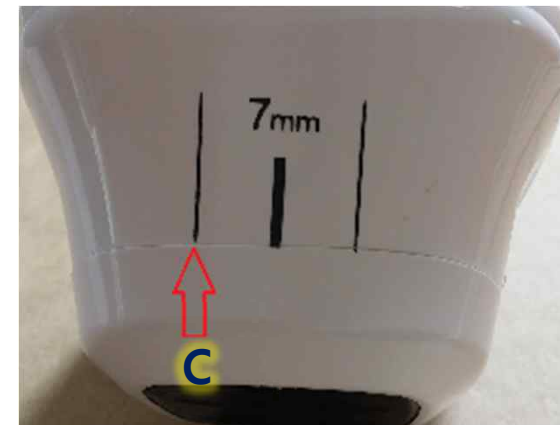
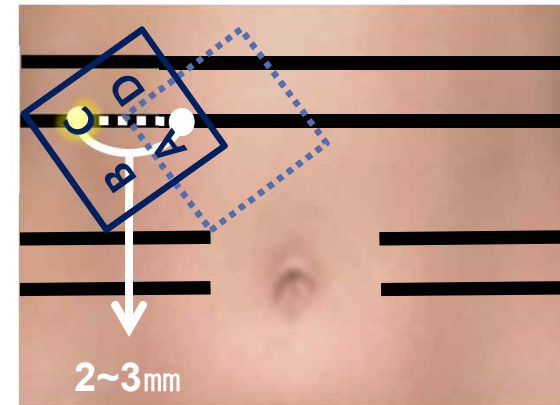
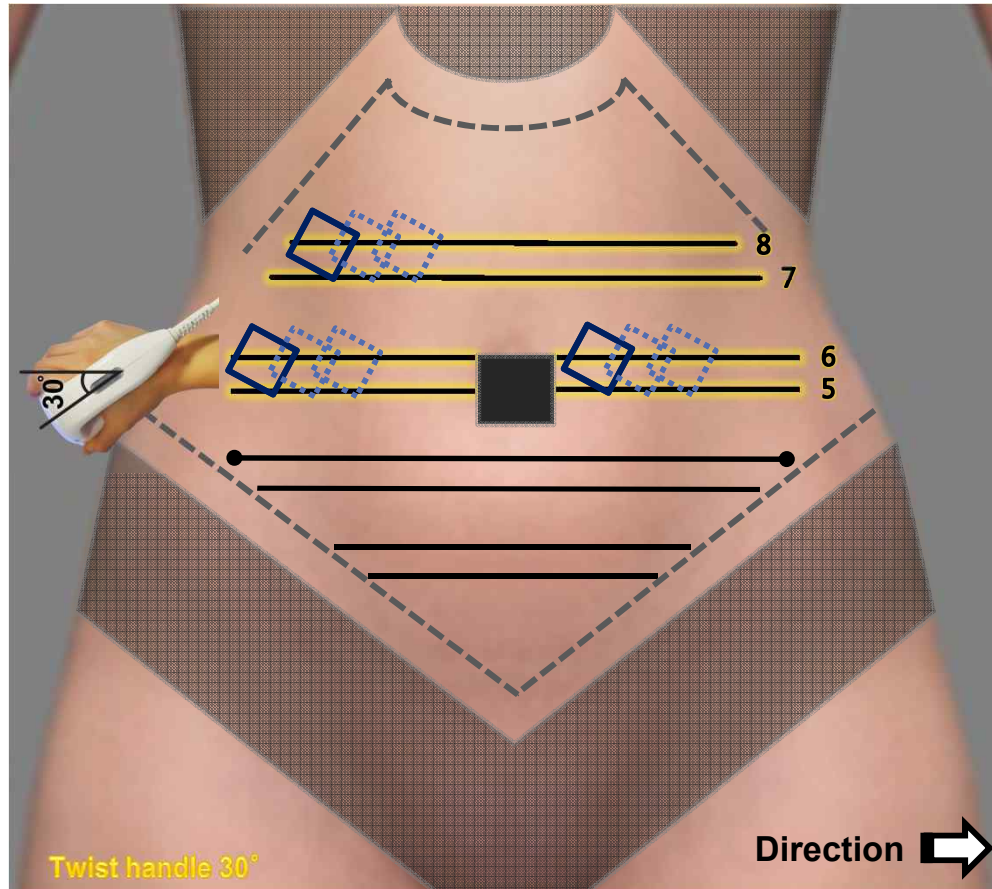
\* In case of treatment when you treat left side of patient

# 3-1. PROCEDURE - UNDER AB.



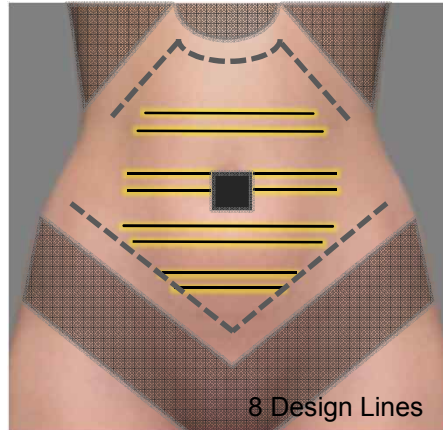
\* In case of treatment when you treat left side of patient

## 3-2. PROCEDURE - UPPER AB.



\* In case of treatment when you treat left side of patient

# 4. PROTOCOL



- 2~3cm between Shot and Shot
- 8 Design Line.
- 8 Design Lines Treatment=1Pass

Fat Thickness	Cartridge (Depth)	Level	Design Lines	Total Shots
Fat $\geq$ 20mm	13mm	7( $\pm$ 2)	8	560
Fat<20mm	7mm	7( $\pm$ 2)	8	560

\* 1Pass

Total shot may different according to patient's fat thickness, area and etc.

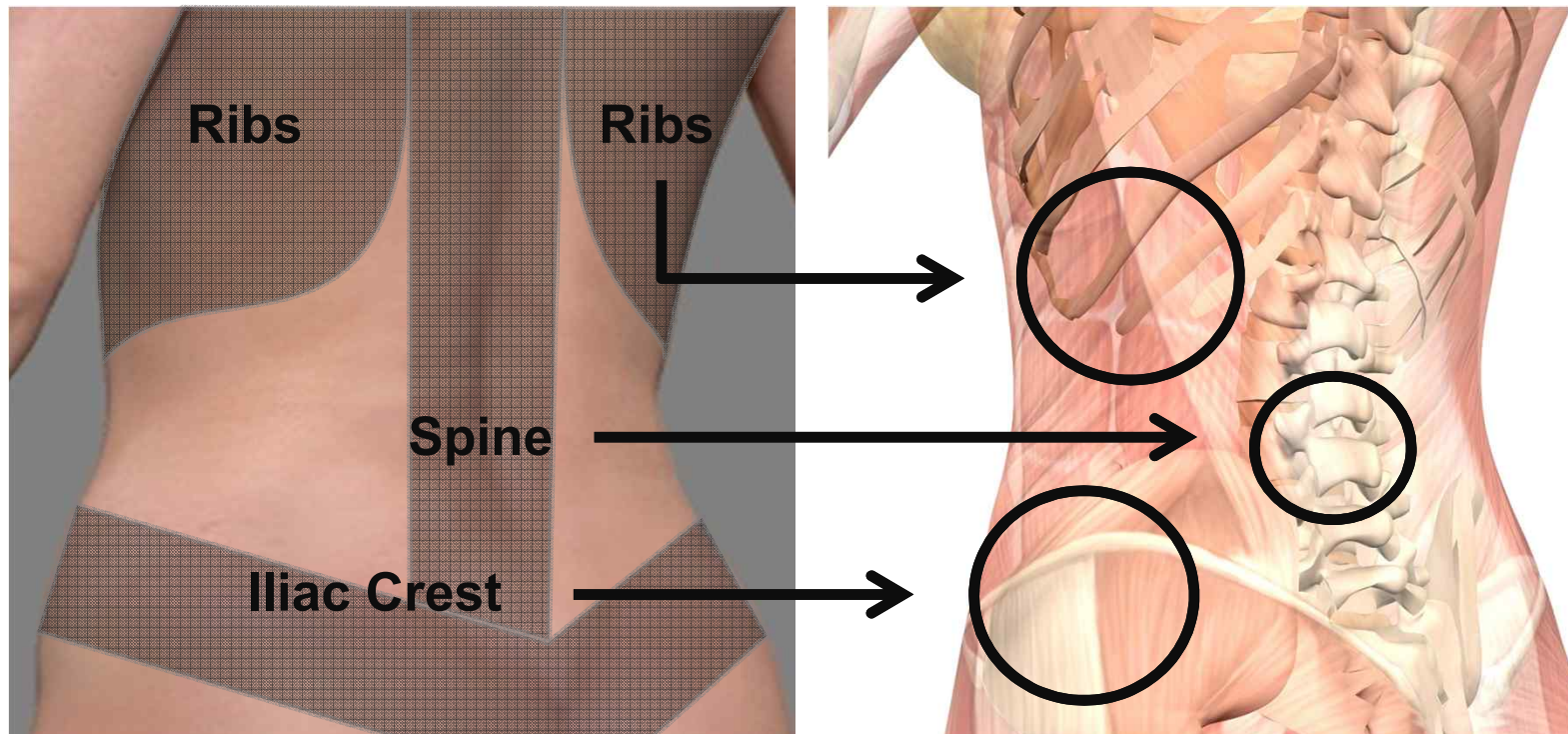


# FLANKS

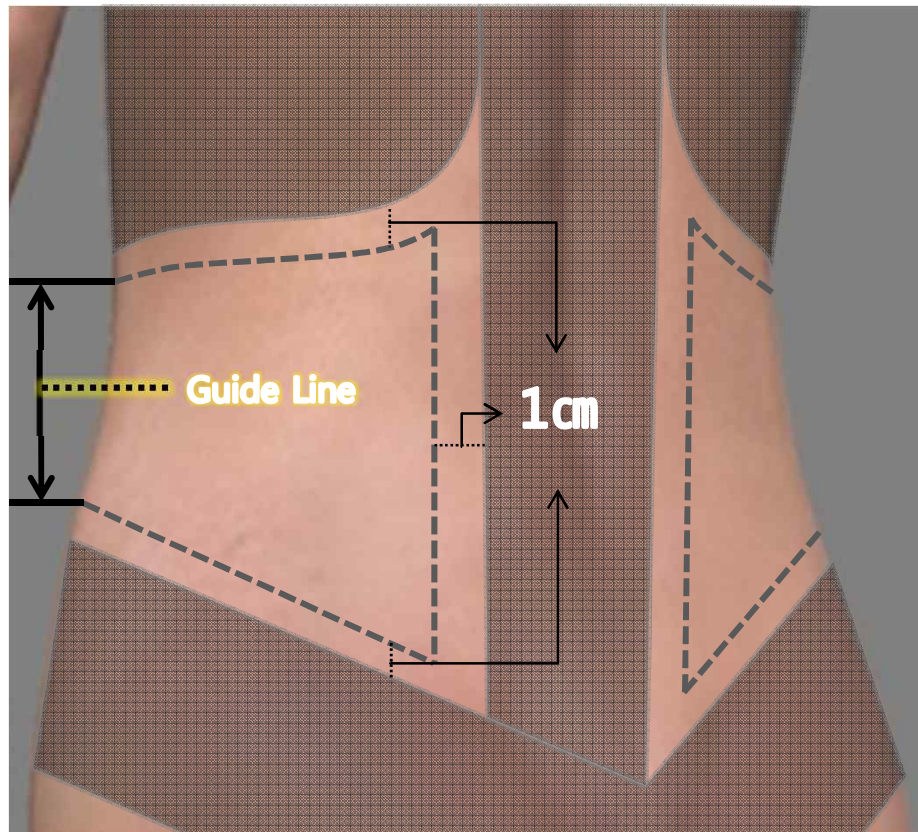
## PROCESS

1. CAUTION AREA
2. HOW TO DRAW GUIDE LINE
3. PROCEDURE
4. PROTOCOL ACCORDING TO FAT THICKNESS

# 1. CAUTION AREA



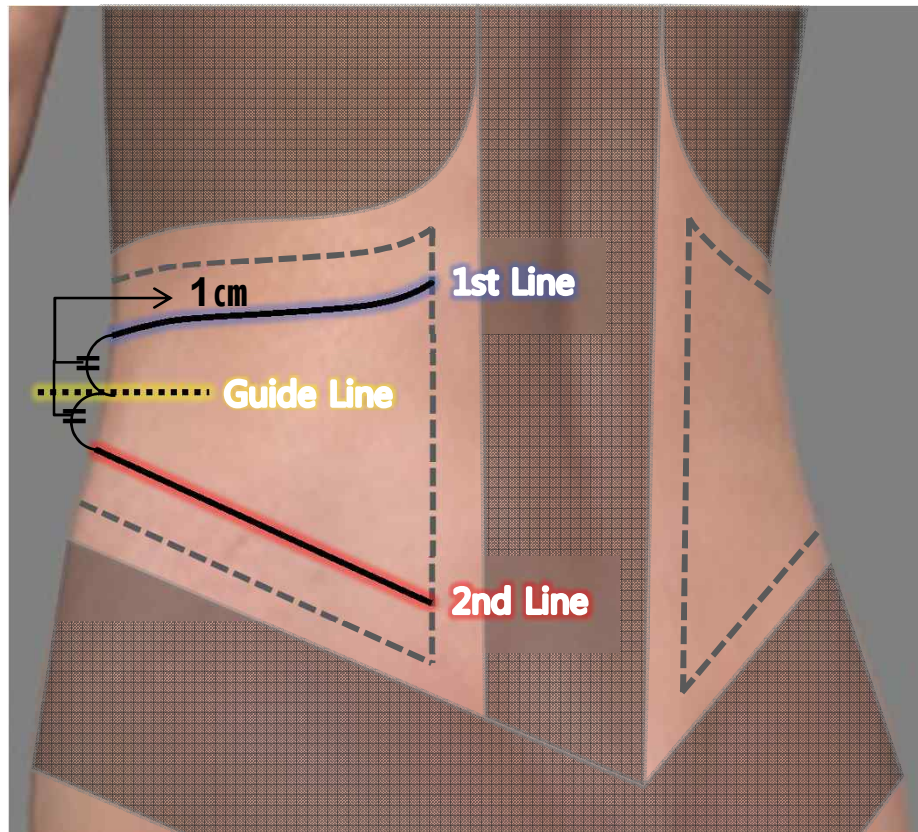
## 2. HOW TO DRAW BASIC GUIDE LINE



- ① -- Draw design out line from 1cm of Spine
- ② -- Draw design out line under 1cm of Rib
- ③ -- Draw design out line upper 1cm of Iliac Crest
- ④  $\overline{\updownarrow}$  After measuring 1cm between design lines (Rib and Iliac Crest) , Draw **Guide Line** at the center of design line.

※ THE STANDARD OF DESIGN LINE = 4cm(LENGTH OF TRANSDUCER), DESIGN LINE  $\pm 1$ , 2LINE

## 2-1. HOW TO DRAW TREATMENT LINE

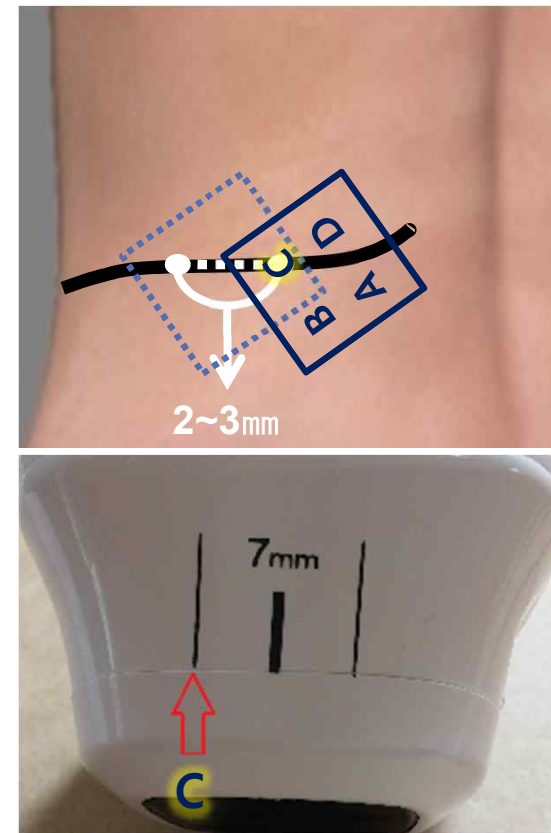
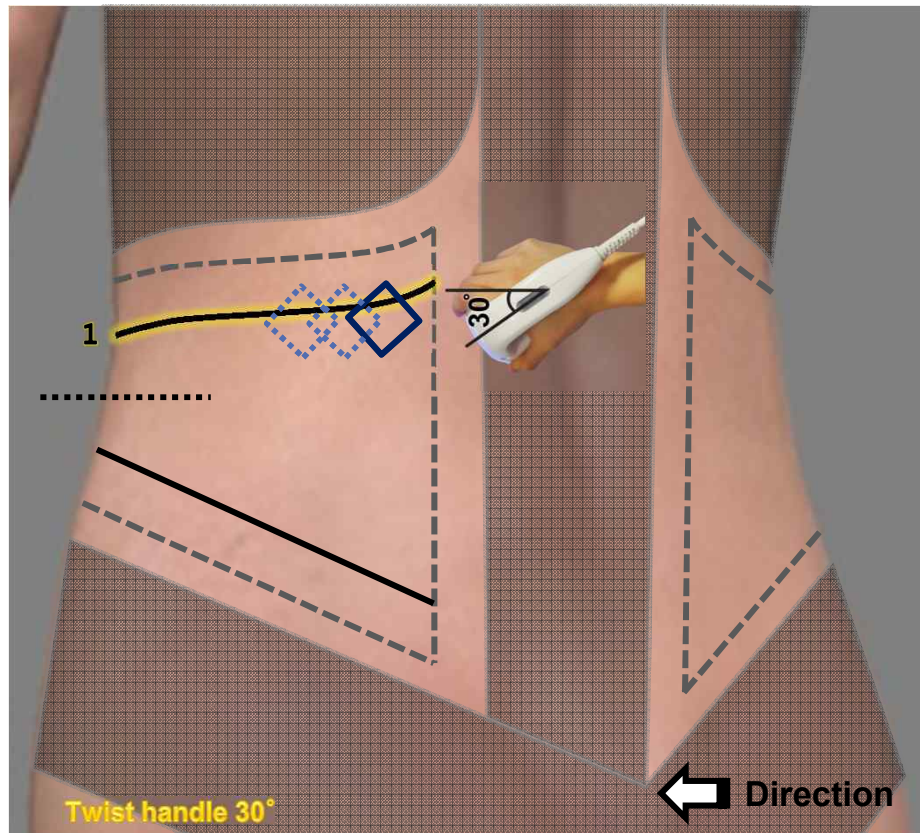


① Draw **1st Line** upper 1cm of **Guide Line**

② Draw **2nd Line** under 1cm of **Guide Line**

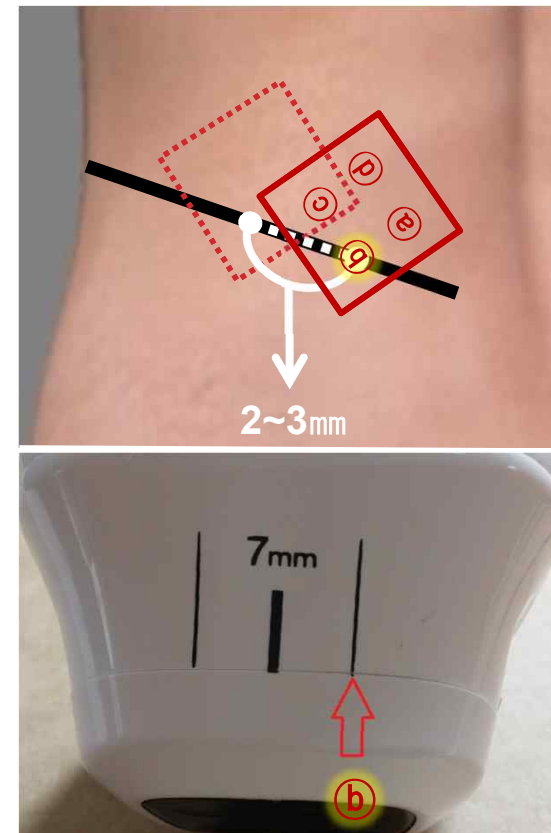
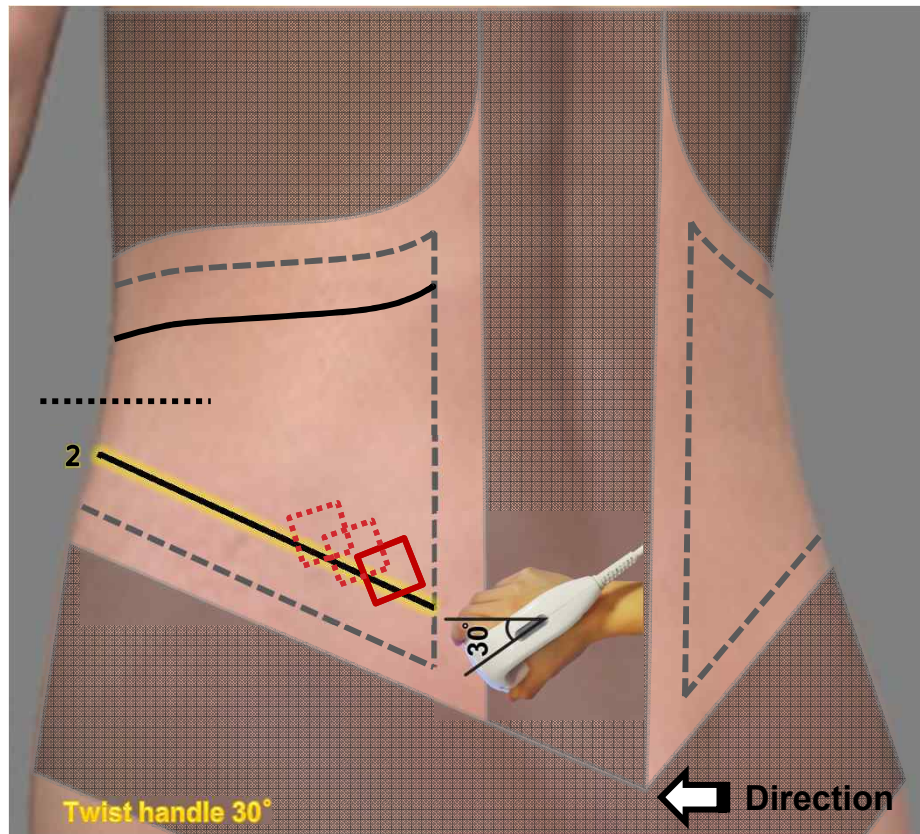
# 3. PROCEDURE - UPPER FLANK

※ YOU SHOULD MAKE TEST SHOT BY WATER OR ULTRASOUND GEL BEFORE TREATMENT



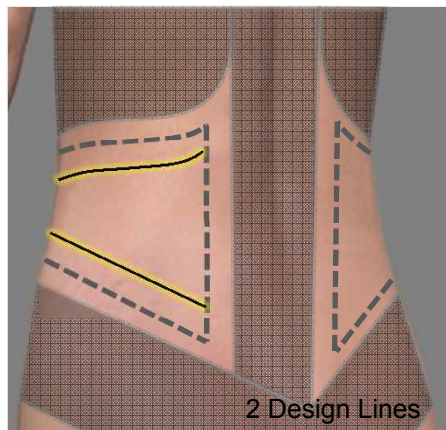
\* In cases you treat at the left side of patient

# 3-1. PROCEDURE - UNDER FLANK



\* In cases you treat at the left side of patient

# 4. PROTOCOL



- 2~3cm between Shot and Shot
- 2 Design Lines
- 2 Design Lines Treatment=1Pass
- Based on Left or Right side treatment

Fat Thickness	Cartridge (Depth)	Level	Design Lines	Total Shots
Fat $\geq$ 20mm	13mm	7( $\pm$ 2)	2	100
Fat<20mm	7mm	7( $\pm$ 2)	2	100

\* 1Pass

Total shot will be different according to patient's fat thickness, area and etc.

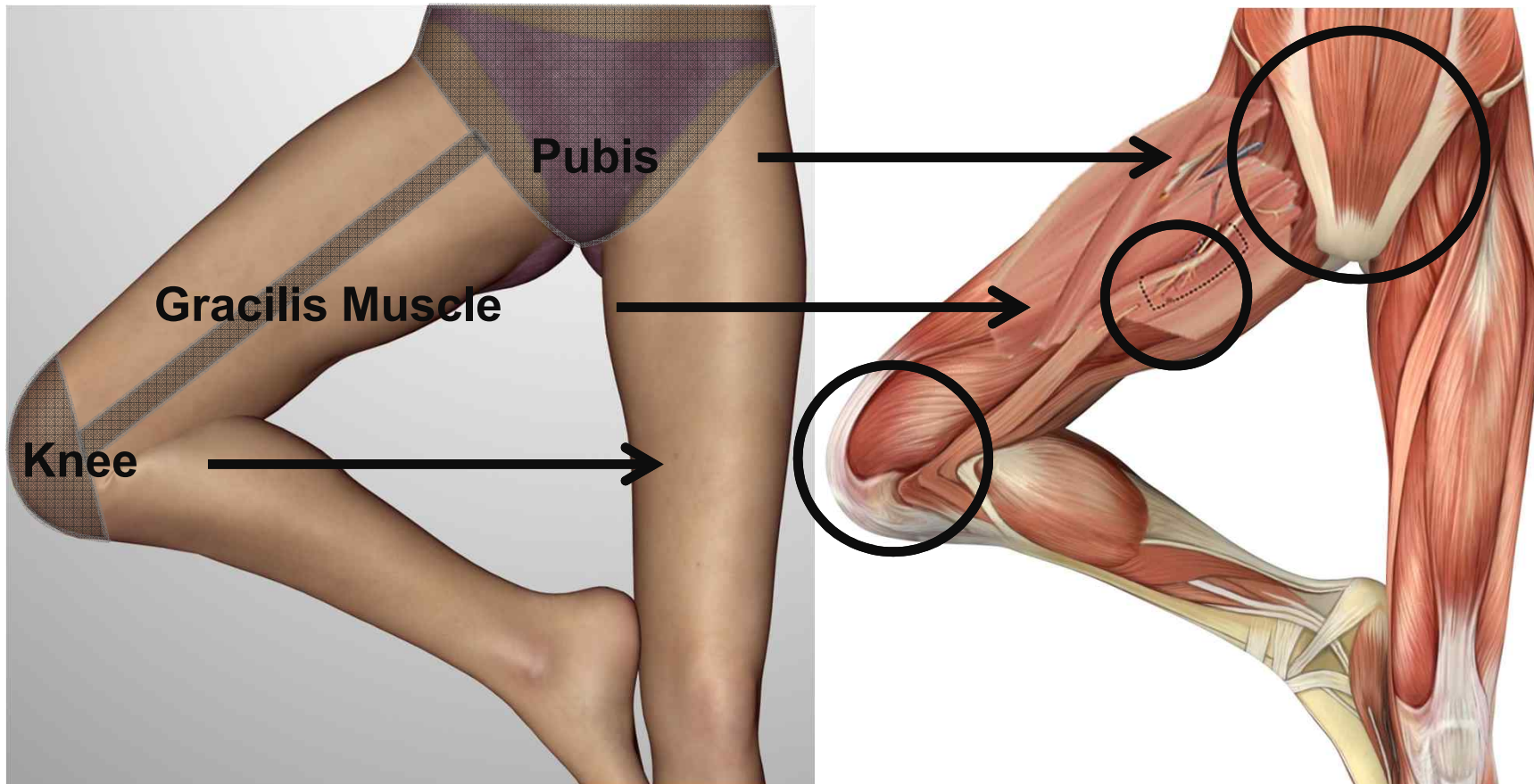
# THIGHS

## PROCESS

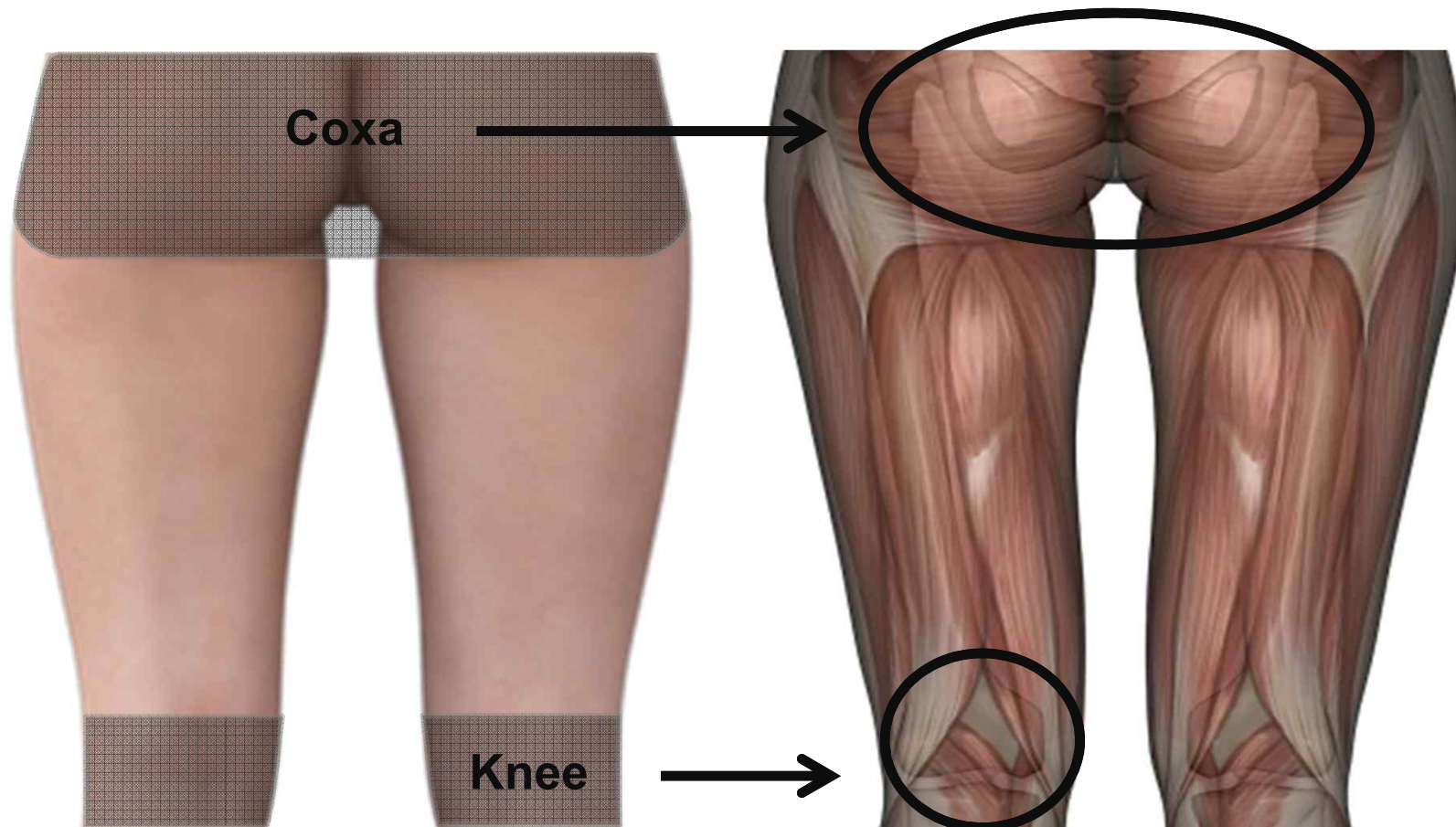
- 1. CAUTION AREA – INNER/MIDDLE/OUTSIDE**
- 2. HOW TO DRAW GUIDE LINE**
- 3. PROCEDURE**
- 4. PROTOCOL ACCORDING TO FAT THICKNESS**



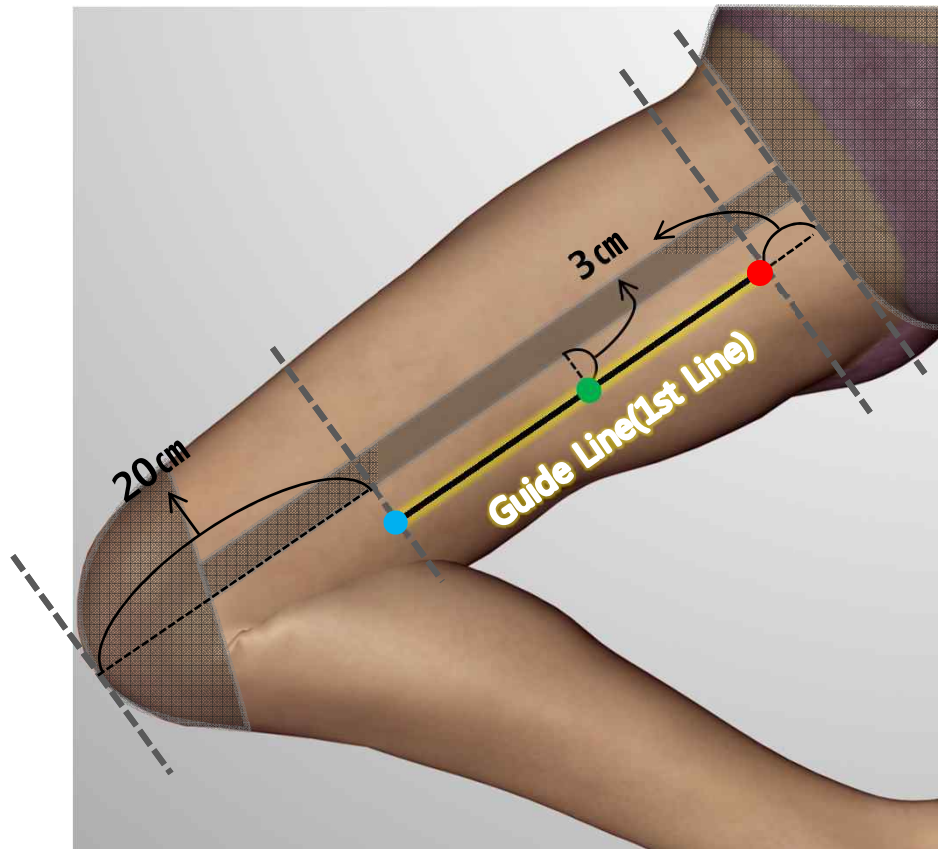
# 1. CAUTION AREA - INNER



# 1-1. CAUTION AREA – MIDDLE/ OUTSIDE

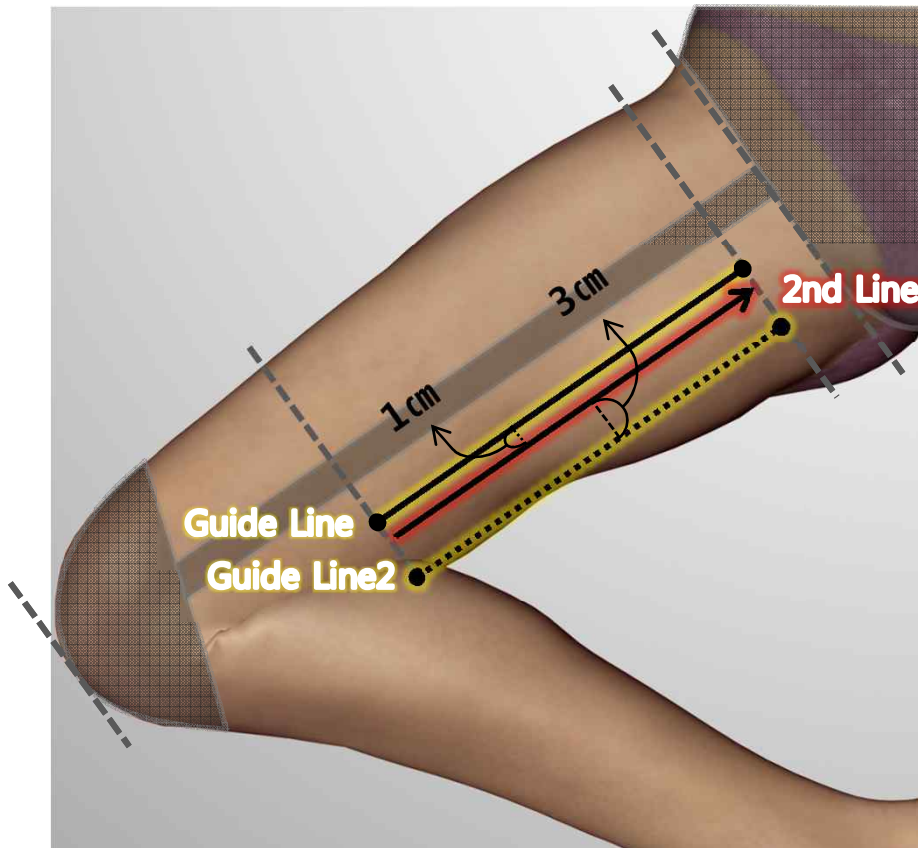


## 2. HOW TO DRAW BASIC GUIDE LINE – INNER



- ① Lie down on their back and fold leg as picture
- ② ■ Mark caution Point (except knee)
- ③ Mark ● under 3cm from Pubis
- ④ Mark ● upper 20cm from knee
- ⑤ Mark ● under 3cm from Gracilis Muscle
- ⑥ A line of 3 points ● ● ● is **Guide Line (1st Line)**

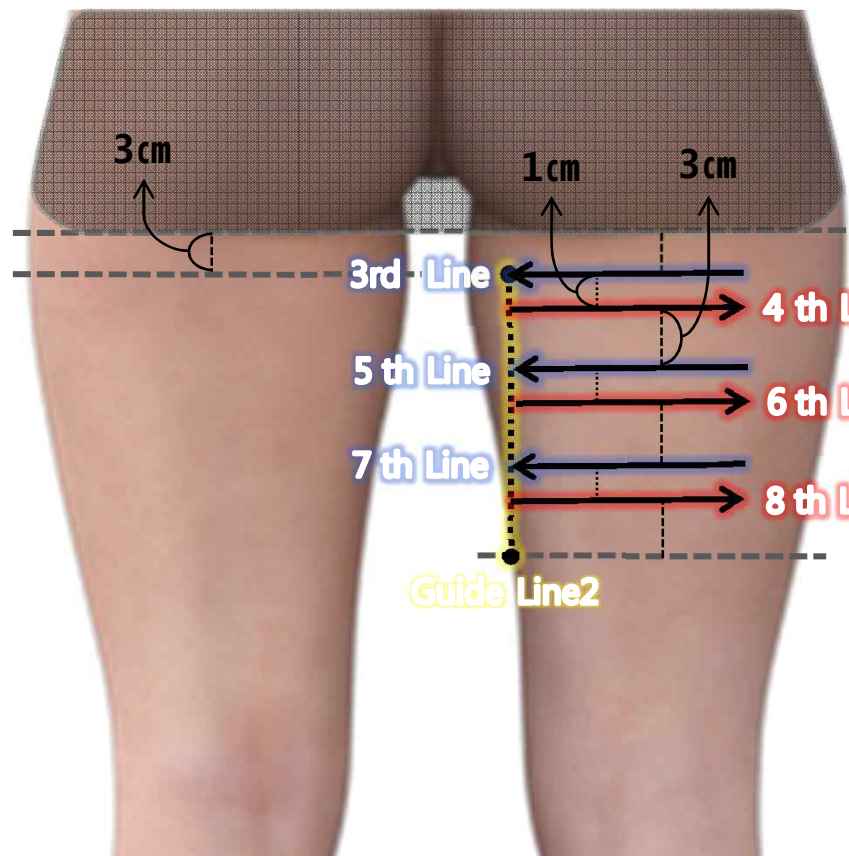
## 2-1. HOW TO DRAW TREATMENT LINE – INNER



- ① Draw **2nd Line** under 1cm of **Guide Line**
- ② Draw **Guide Line2** under 3cm of **2nd Line**

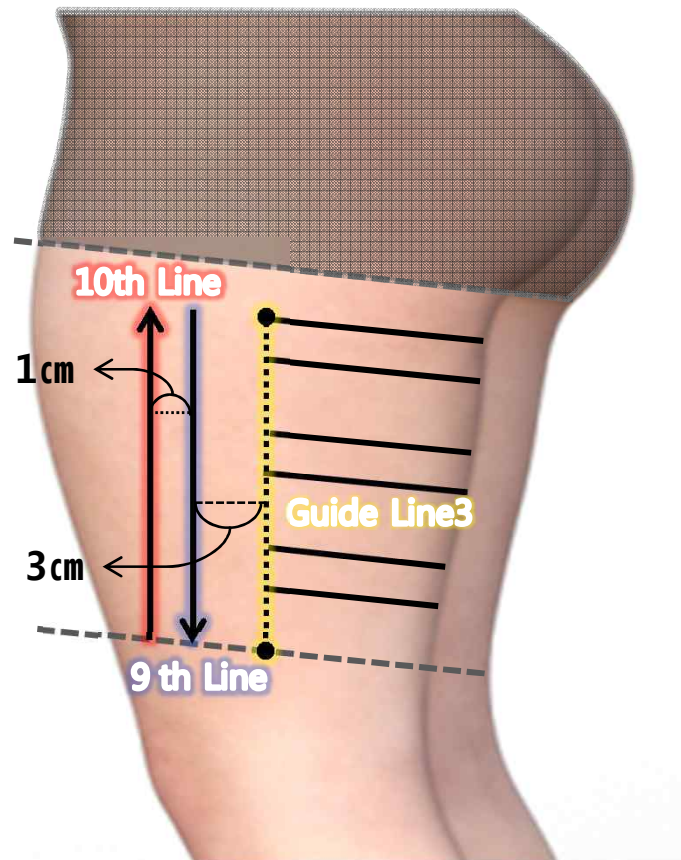
※ THE STANDARD OF DESIGN LINE = 4cm(LENGTH OF TRANSDUCER), DESIGN LINE ±1, 2LINE

## 2-2. HOW TO DRAW TREATMENT LINE – MIDDLE



- ① Lie with face down and draw **3rd Line** under 3cm of end of hip
- ② Draw **4th Line** under 1cm of **3rd Line**
- ③ Draw **5th Line** under 3cm of **4th Line**
- ④ Draw **6~8th Line** in the same way of ②~③

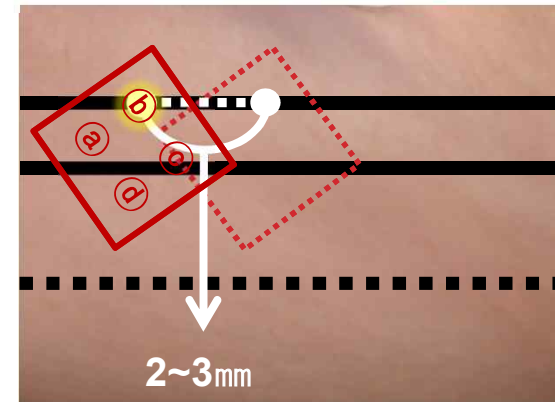
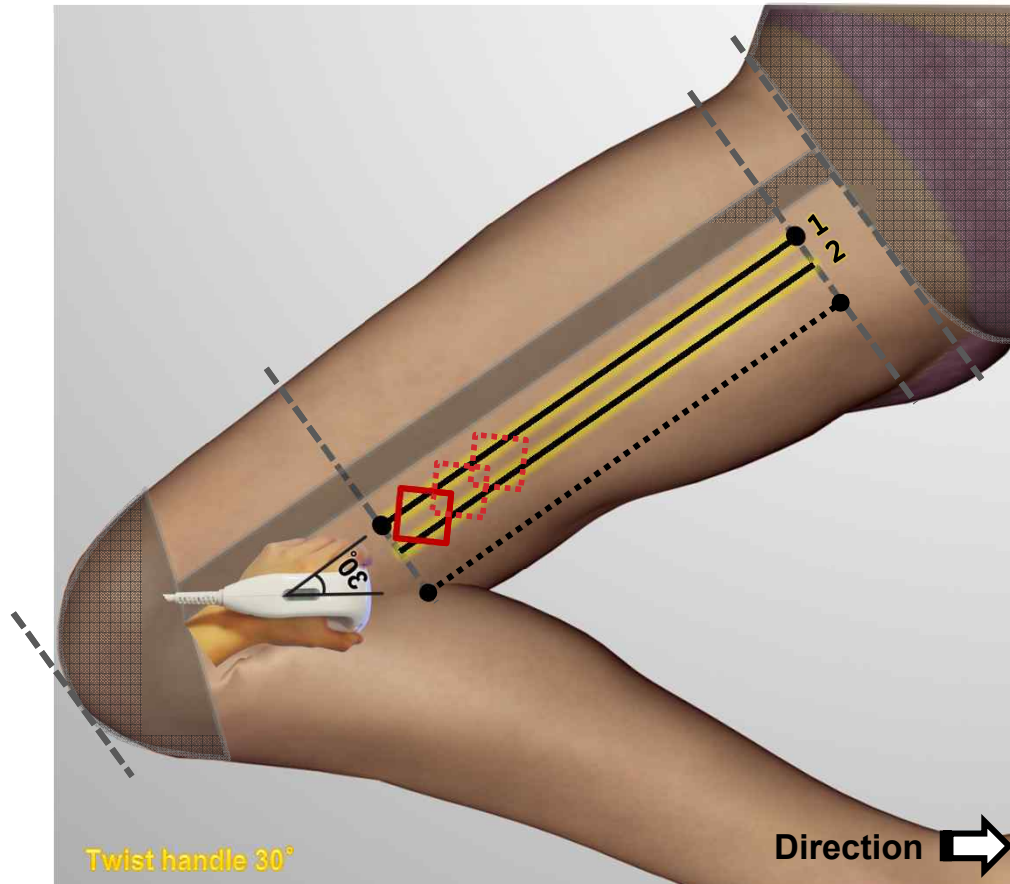
## 2-3. HOW TO DRAW TREATMENT LINE – OUTSIDE



- ① After marking **3rd Line~8th Line**, draw **Guide Line3**
- ② Draw **9th Line** aside 3cm from **Guide Line3**
- ③ Draw **10th Line** aside 1cm from **9th Line**

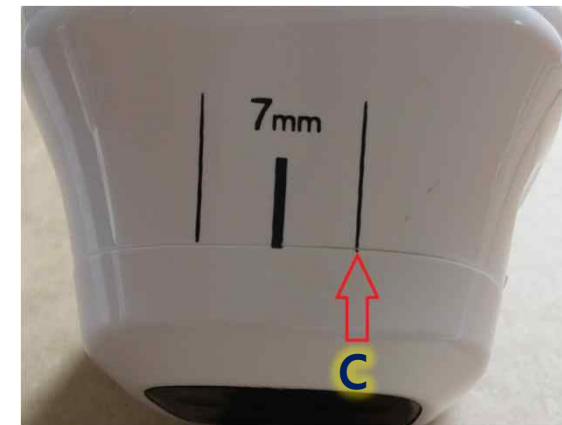
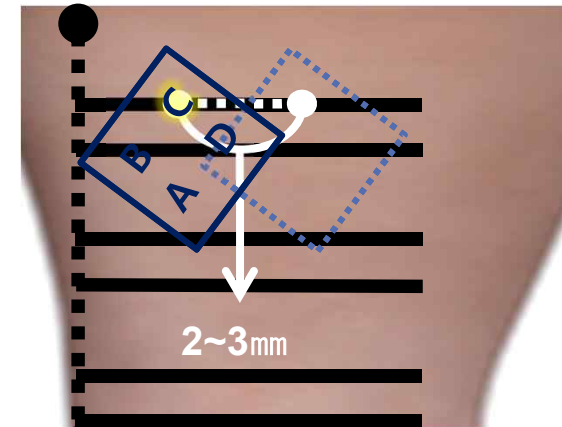
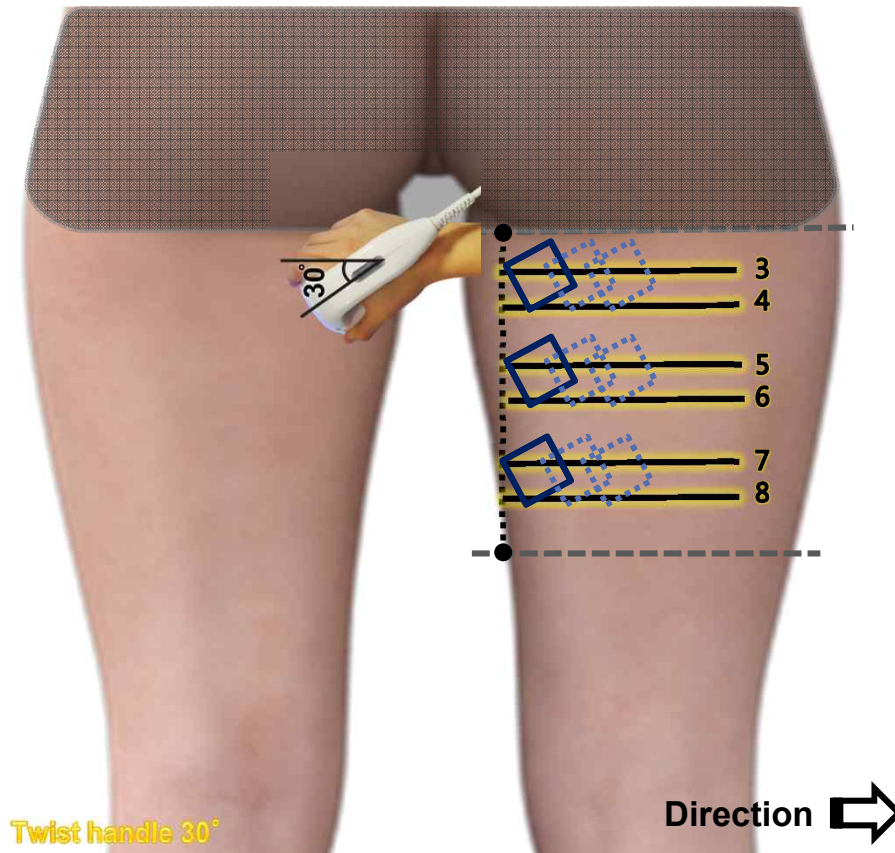
# 3-1. PROCEDURE - INNER

※ YOU SHOULD MAKE TEST SHOT BY WATER OR ULTRASOUND GEL BEFORE TREATMENT



\* In cases patient lies down on his back and you treat at the right side of patient

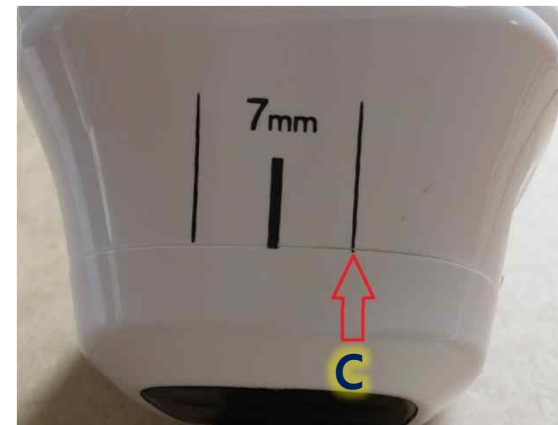
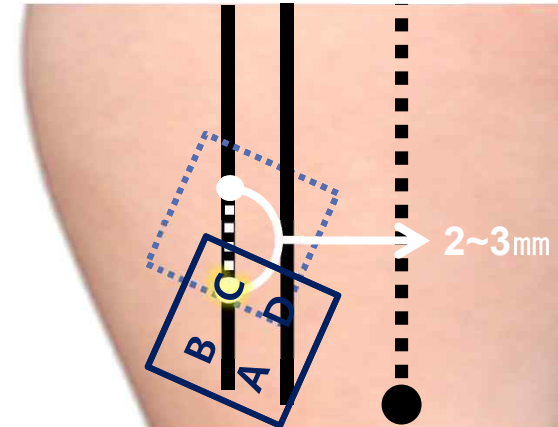
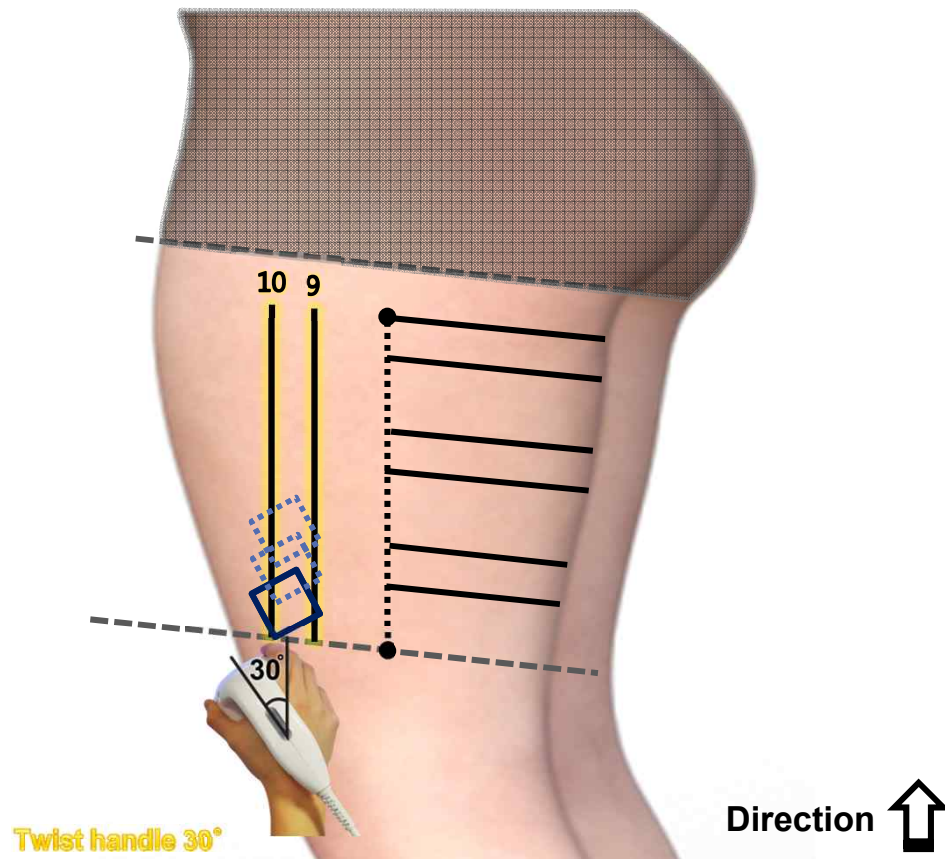
## 3-2. PROCEDURE - MIDDLE



\* In cases patient lies down on his back and you treat at the right side of patient

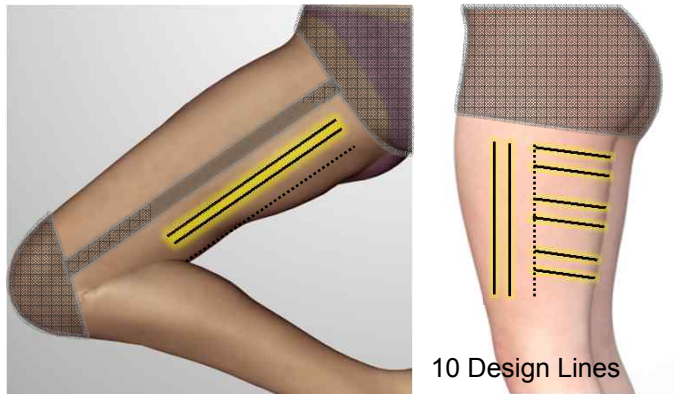


# 3-3. PROCEDURE - OUTSIDE



\* In cases patient lies down on his back and you treat at the right side of patient

# 4. PROTOCOL



- 2~3cm between Shot and Shot
- 10 Design Lines
- 10 Design Lines Treatment=1Pass
- Based on Left or Right side treatment

Fat Thickness	Cartridge (Depth)	Level	Design Lines	Total Shots
Fat $\geq$ 20mm	13mm	7( $\pm$ 2)	10	415
Fat<20mm	7mm	7( $\pm$ 2)	10	415

\* 1Pass

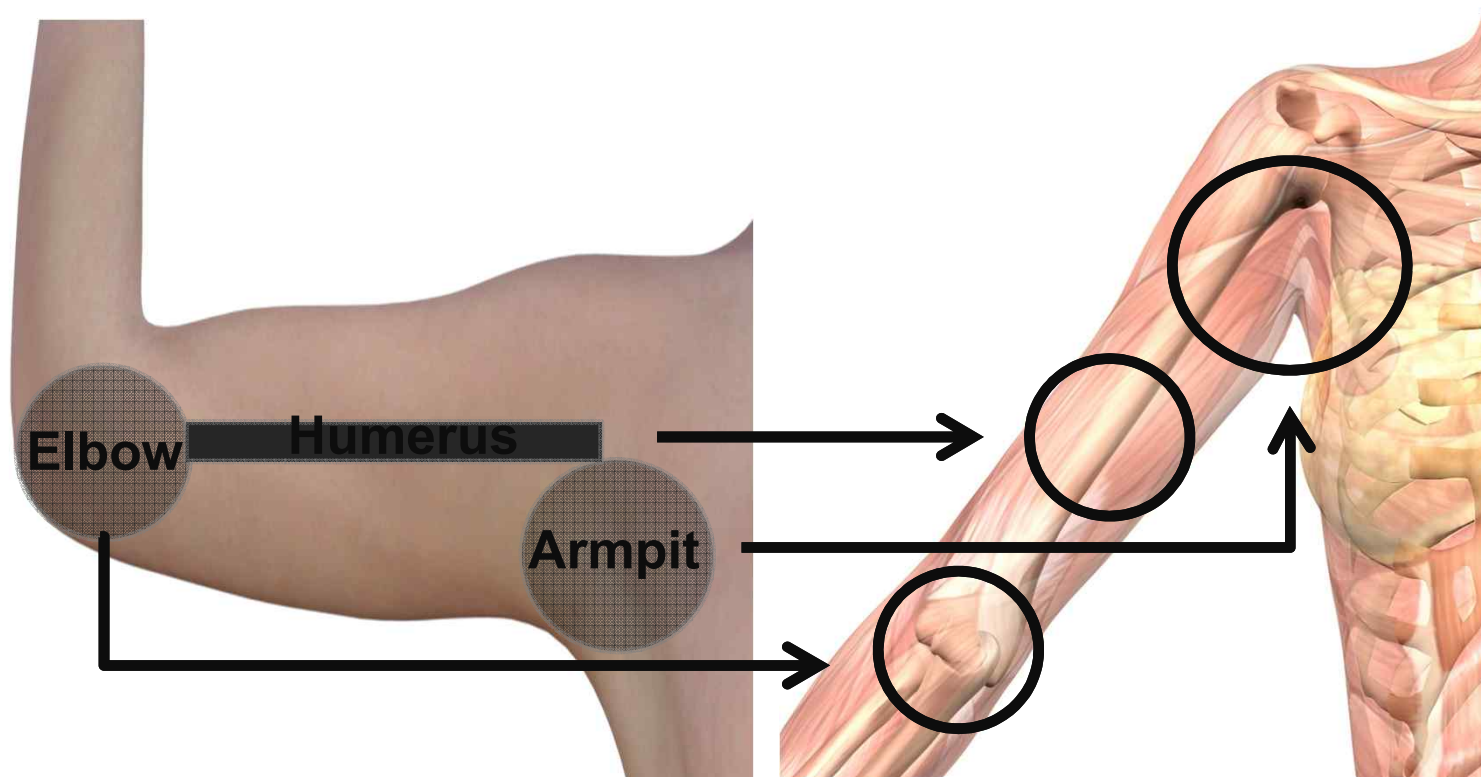
Total shot may different according to patient's fat thickness, area and etc.

# FOREARM

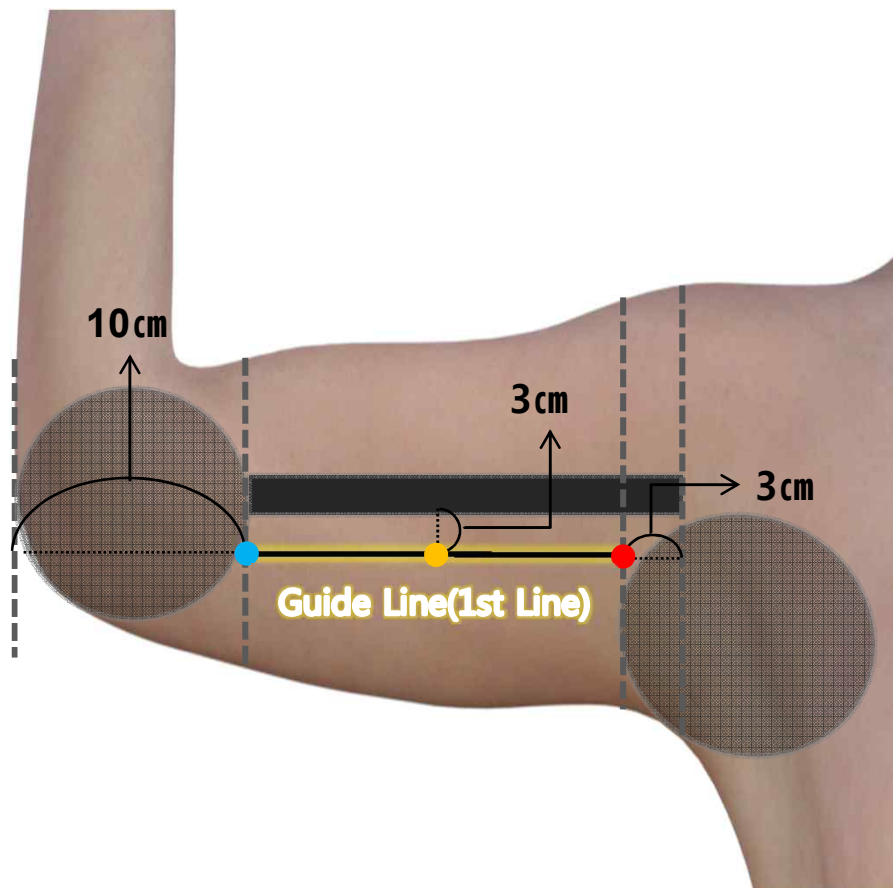
## PROCESS

1. CAUTION AREA
2. HOW TO DRAW GUIDE LINE
3. PROCEDURE
4. PROTOCOL ACCORDING TO FAT THICKNESS

# 1. CAUTION AREA

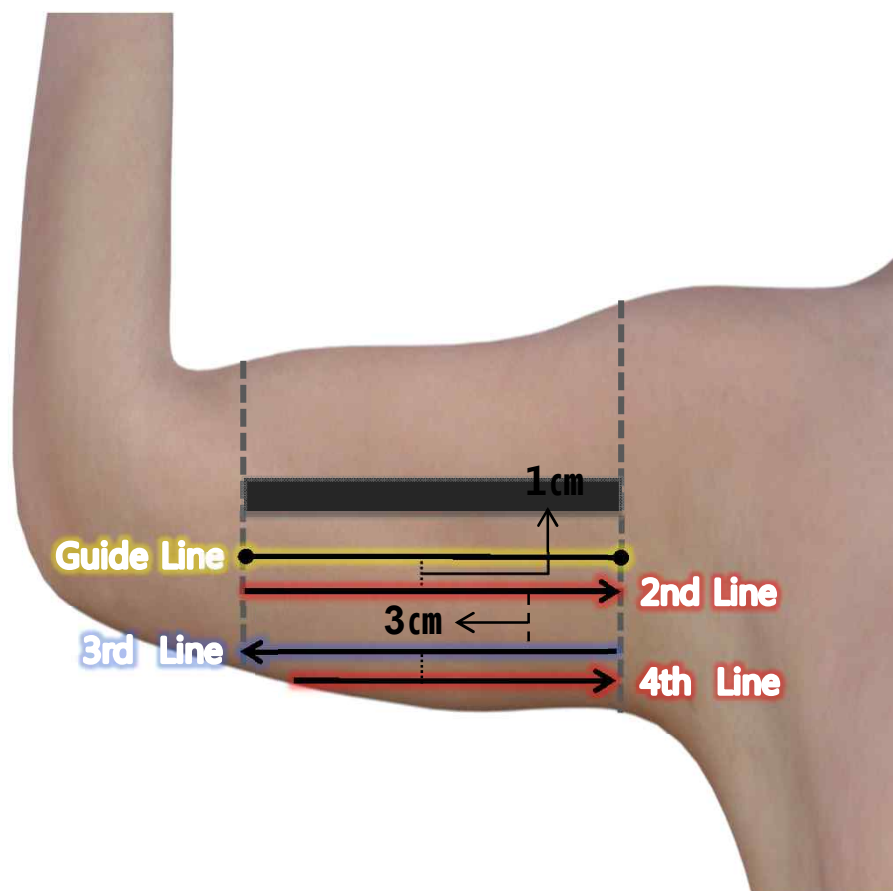


## 2. HOW TO DRAW BASIC GUIDE LINE



- ① ■ No need to mark  
Caution Point (except humerus)
- ② Mark ● under 3cm of  
center of armpit
- ③ Mark ● upper 10cm of  
elbow
- ④ Mark ● under 3cm of  
center of humerus
- ⑤ A line of 3 points  
is **Guide Line (1st Line)**

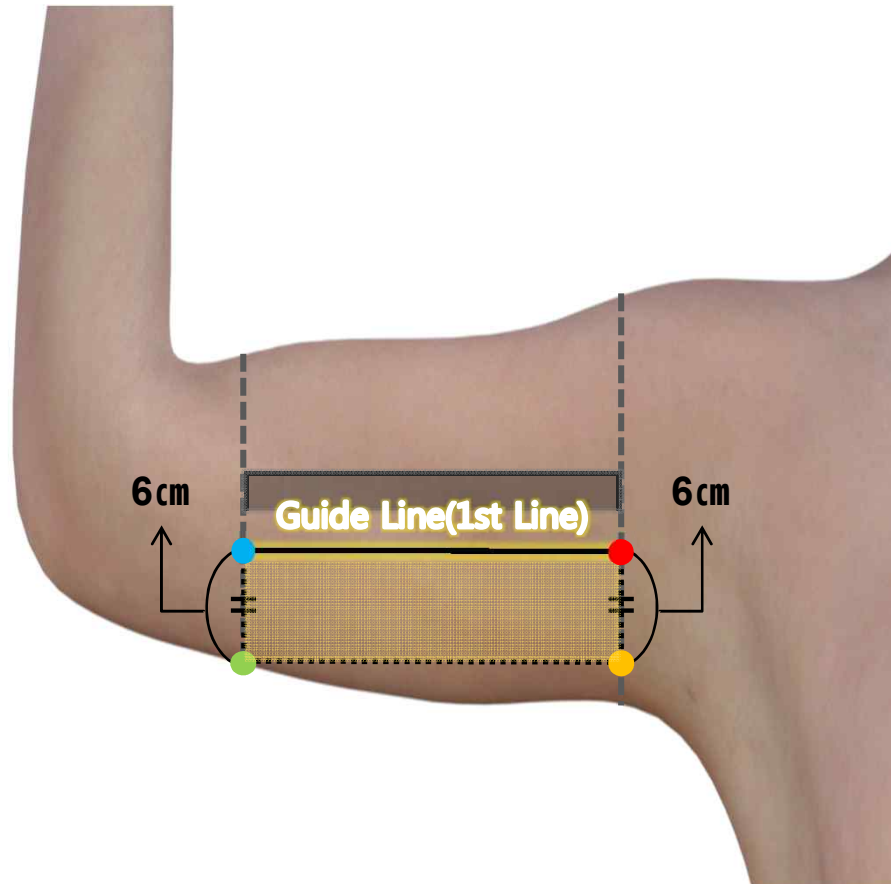
## 2-1. HOW TO DRAW TREATMENT LINE – BODY SHOT CARTRIDGE




- ① Draw **2nd Line** under 1cm of **Guide Line**
- ② Draw **3rd Line** under 3cm of **2nd Line**
- ③ Draw **4th Line** under 1cm of **3rd Line**

※ THE STANDARD OF DESIGN LINE = 4cm(LENGTH OF TRANSDUCER), DESIGN LINE ±1, 2LINE

## 2-2. HOW TO DRAW BASIC GUIDE LINE – MULTI SHOT CARTRIDGE

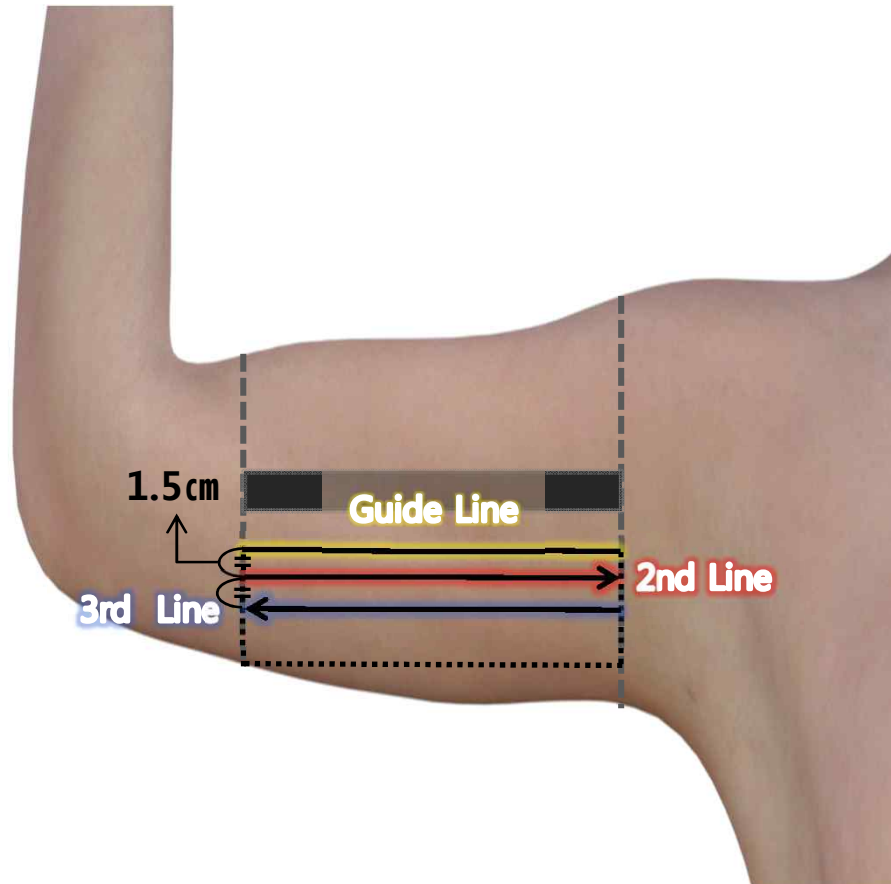


- ① Draw another line ----  
under 6cm of **Guide Line  
(1st Line)**

- ②   
Treatment area = Square

※ THE STANDARD OF DESIGN LINE = 3cm (LENGTH OF TRANSDUCER), DESIGN LINE ±1, 2LINE

## 2-3. HOW TO DRAW TREATMENT LINE – MULTI SHOT CARTRIDGE



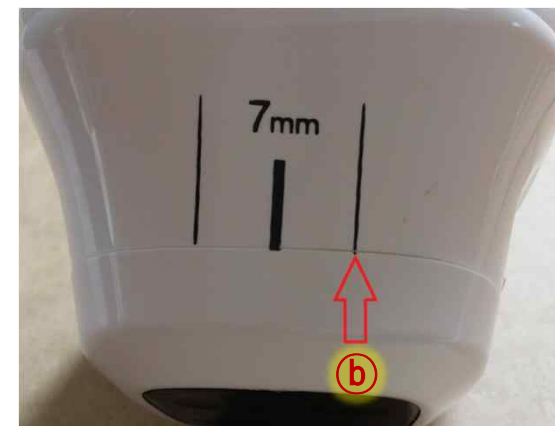
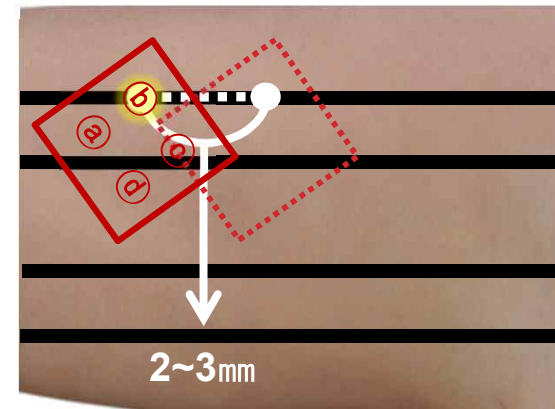
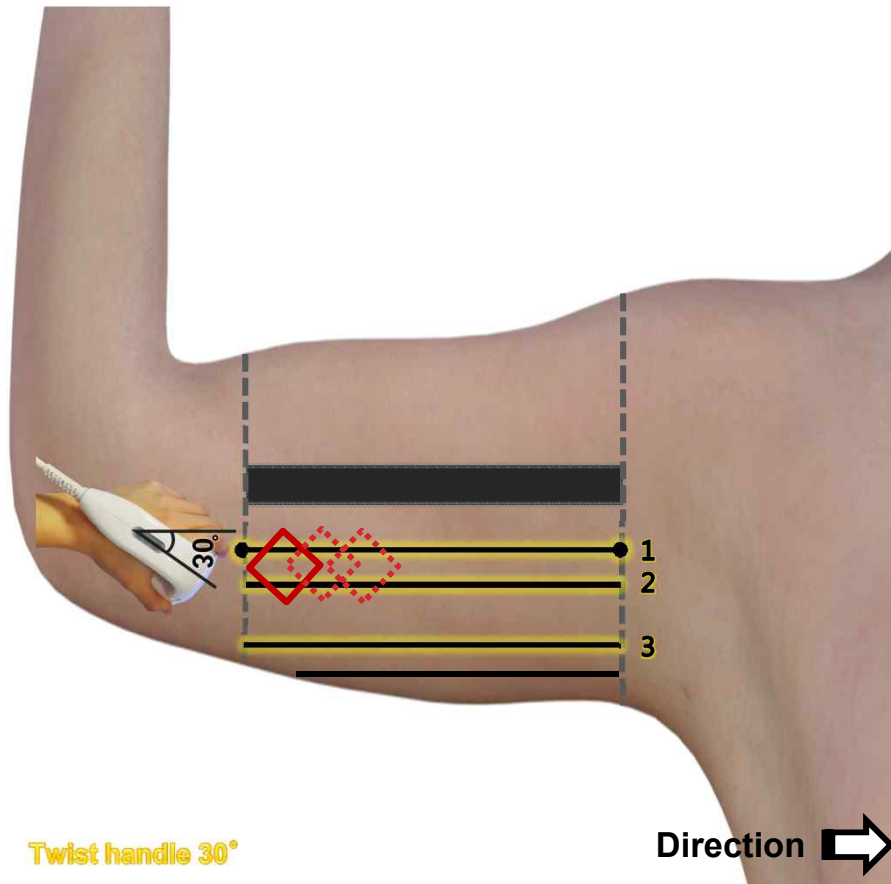
- ① Draw **2nd Line** under 1.5cm of **Guide Line**
- ② Draw **3rd Line** under 1.5cm of **2nd Line**.

※ THE STANDARD OF DESIGN LINE = 3cm(LENGTH OF TRANSDUCER), DESIGN LINE ±1, 2LINE



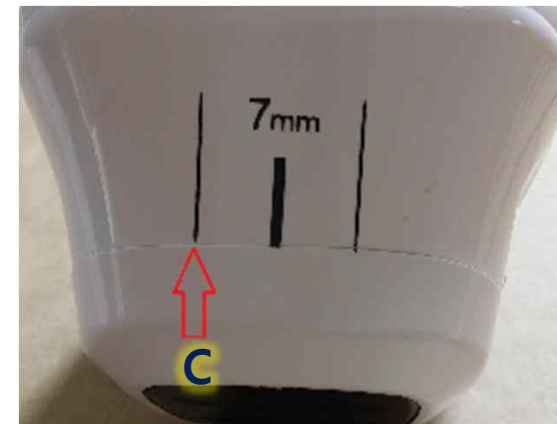
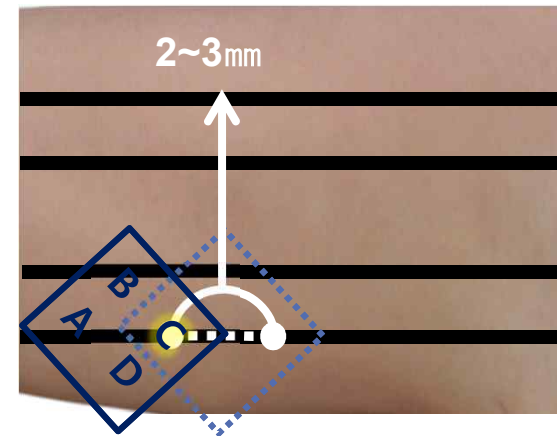
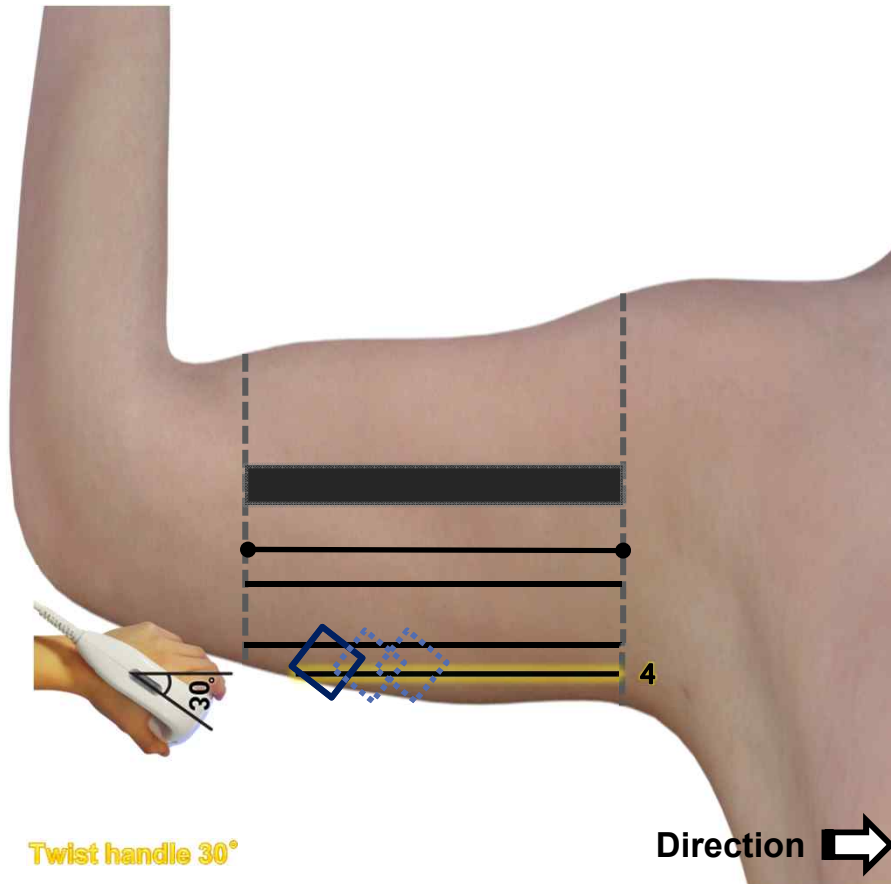
# 3. PROCEDURE – BODY SHOT CARTRIDGE

※ YOU SHOULD MAKE TEST SHOT BY WATER OR ULTRASOUND GEL BEFORE TREATMENT



\* In cases you treat at the right side of patient

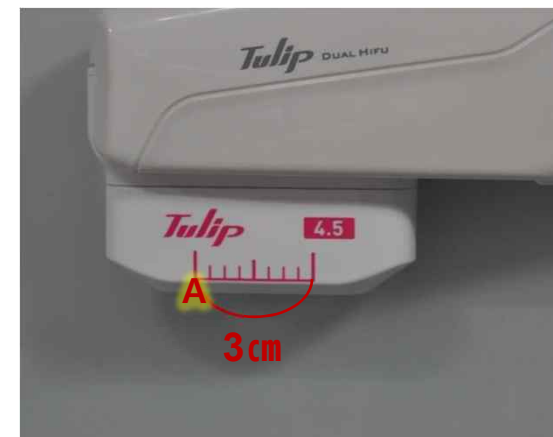
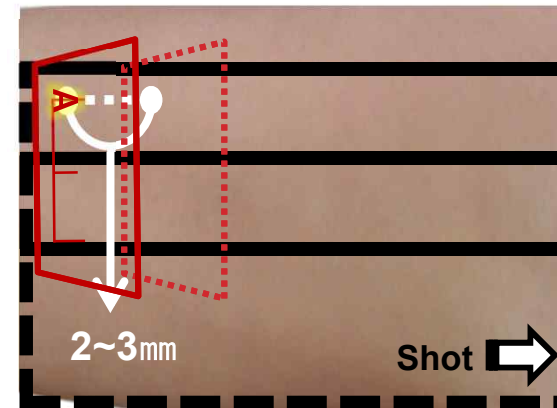
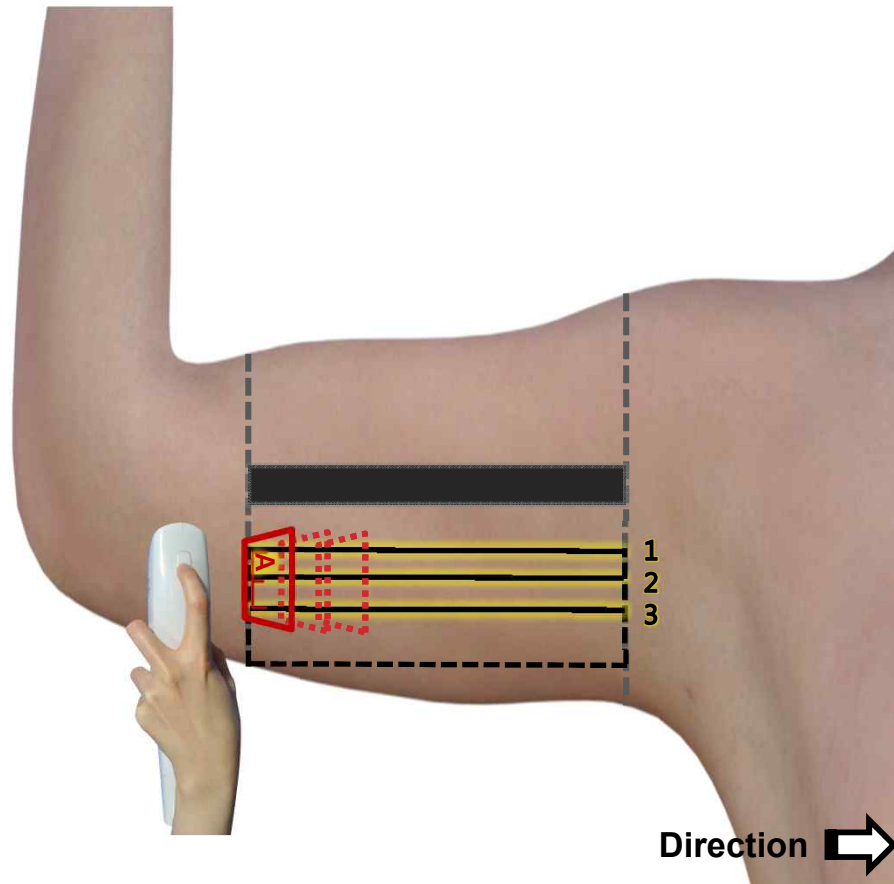
# 3-1. PROCEDURE – BODY SHOT CARTRIDGE



\* In cases you treat at the right side of patient

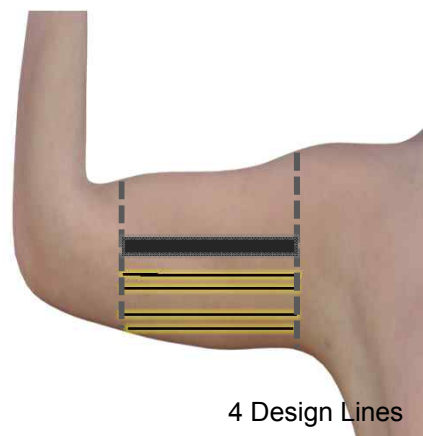
## 3-2. PROCEDURE – MULTI SHOT CARTRIDGE

※ YOU SHOULD MAKE TEST SHOT BY WATER OR ULTRASOUND GEL BEFORE TREATMENT



\* In cases you treat at the right side of patient

## 4. PROTOCOL – BODY SHOT CARTRIDGE



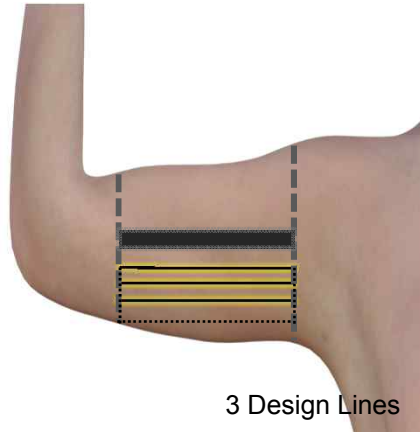
- 2~3cm between Shot and Shot
- 4 Design Lines
- 4 Design Lines Treatment=1Pass
- Based on Left or Right side treatment

Fat Thickness	Cartridge (Depth)	Level	Design Lines	Total Shots
Fat $\geq$ 20mm	13mm	7( $\pm$ 2)	4	120
Fat<20mm	7mm	7( $\pm$ 2)	4	120

\* 1Pass

Total shot may different according to patient's fat thickness, area and etc.

# 4-1. PROTOCOL – MULTI SHOT CARTRIDGE



- 2~3mm between Shot and Shot
- 3 Design Lines.
- 3 Design Lines Treatment=1Pass
- Based on Left or Right side treatment

Fat Thickness	Cartridge (Depth)	Energy(J) /Spacing(mm)	Design Lines	Total Shots
Fat<20mm	4.5mm	0.8 - 1.2J /1.5 - 2.0mm	3	180

\* 1Pass

Total shot may different according to patient's fat thickness, area and etc.

# BREAST-UP

## PROCESS

1. HOW TO MEASURE FAT THICKNESS BEFORE TREATMENT
2. CAUTION AREA
3. HOW TO DRAW GUIDE LINE
4. PROCEDURE
5. PROTOCOL ACCORDING TO FAT THICKNESS

# 1. HOW TO MEASURE UP FAT THICKNESS BEFORE TREATMENT

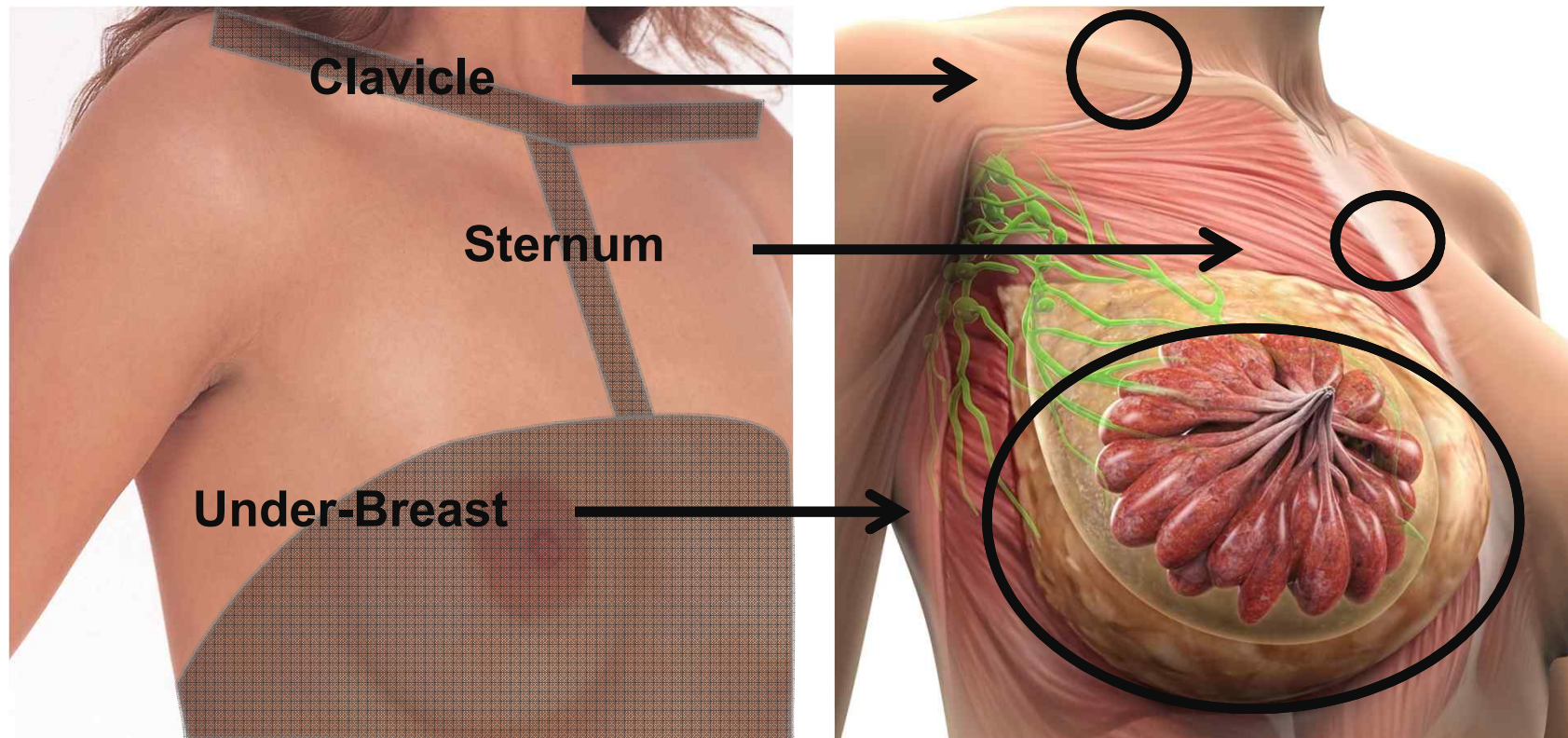
Fat Thickness	Cartridge
fat $\geq$ 20mm	13mm
Fat<20mm	7mm/4.5mm

IN CASE OF CHEST, IT IS HARD TO MEASURE UP FAT THICKNESS BECAUSE THERE IS A DIFFERENCE OF FAT THICKNESS BY INDIVIDUALS, SO WE RECOMMEND 7MM & 4.5MM CARTRIDGE FOR SAFE TREATMENT.

IF YOU WOULD LIKE TO USE 13MM CARTRIDGE FOR BREAST UP, YOU SHOULD MEASURE UP FAT THICKNESS OF UPPER CHEST AND THEN DECIDE WHETHER OR NOT TO USE.

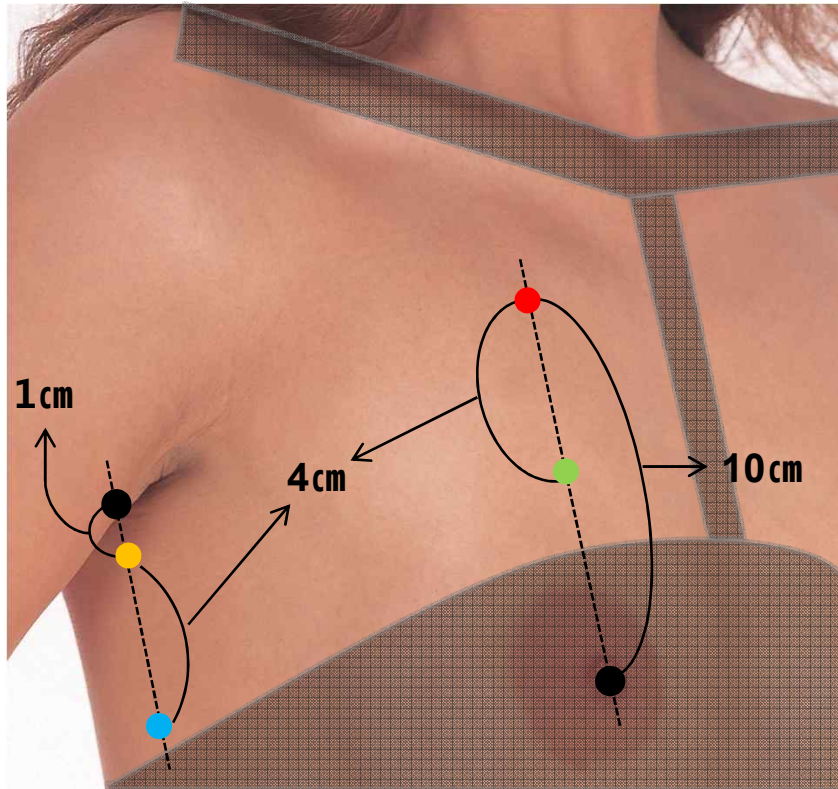
ON THE OTHER HANDS, WE SUGGEST THAT YOU CAN USE 4.5MM CARTRIDGE FOR BREAST UP IF PATIENT'S FAT THICKNESS WERE NOT ENOUGH TO GIVE TREATMENT.

## 2. CAUTION POINT



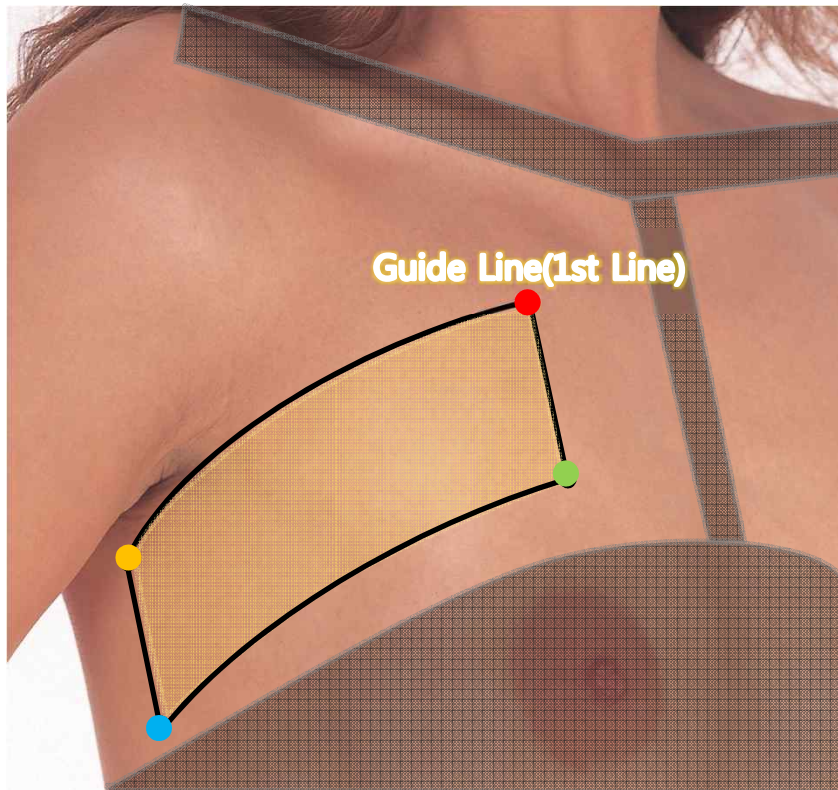


## 3. HOW TO DRAW GUIDE LINE



- ① ■ No need to mark Caution Point
- ② Mark ● upper 10cm of nipple
- ③ Mark ● under 4cm from ●
- ④ Mark ● under 1cm of center of armpit
- ⑤ Mark ● under 4cm from ●

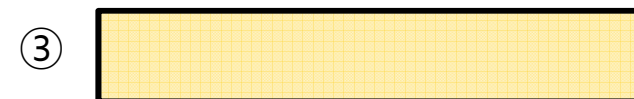
# 3-1. HOW TO DRAW GUIDE LINE – BODY SHOT CARTRIDGE



① Draw lines from each point to point



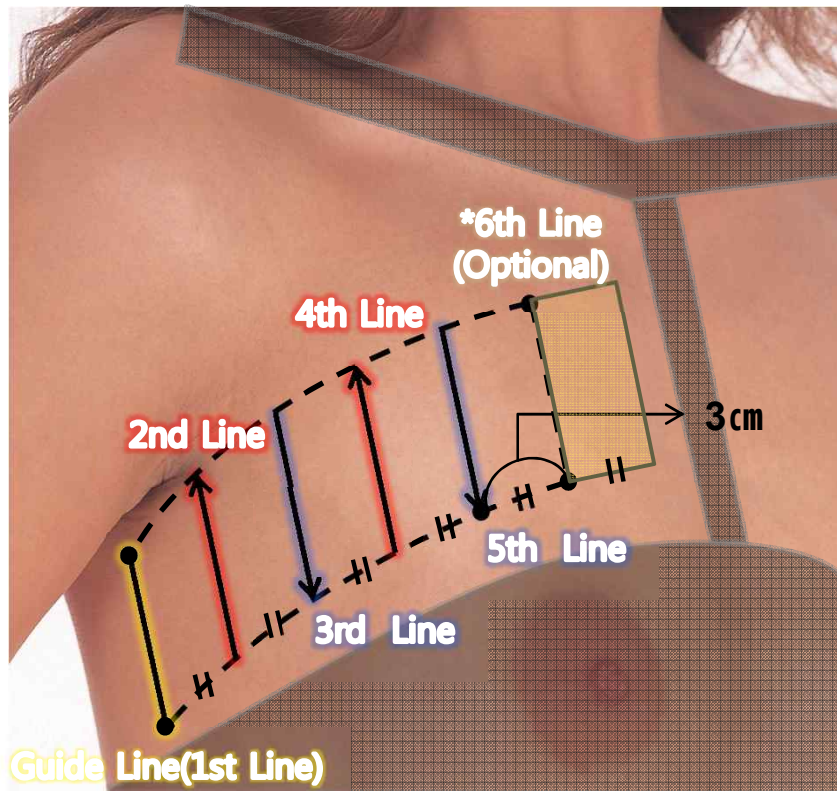
Treatment area = Square



Treatment area = **Guide Line (1st Line)**

※ THE STANDARD OF DESIGN LINE = 4cm(LENGTH OF TRANSDUCER)

## 3-2. HOW TO DRAW GUIDE LINE – MULTI SHOT CARTRIDGE

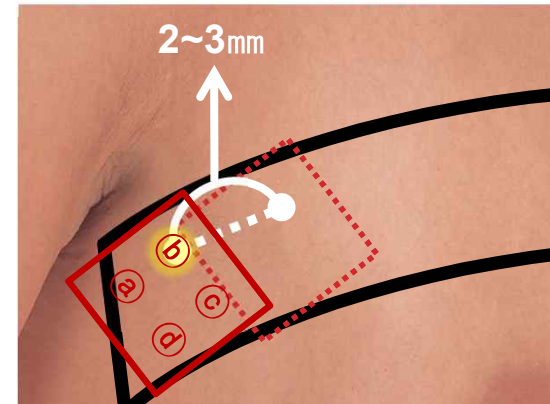
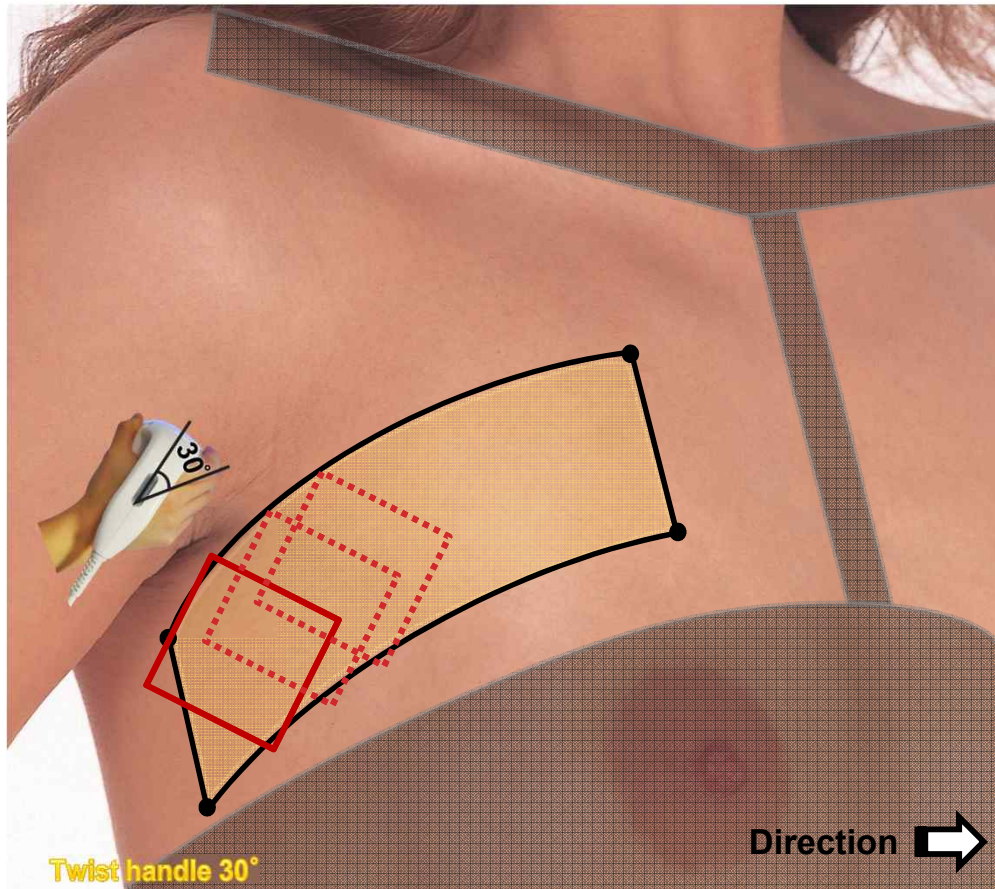


- ① Draw lines from each point to point
- ② **Guide Line (1st Line)** as picture
- ③ Draw design lines ( -H-) every 3cm
- ④ Each line = **2nd Line** ~ **5th Line**

※ THE STANDARD OF DESIGN LINE = 3cm(LENGTH OF TRANSDUCER), DESIGN LINE ±1LINE

## 4. PROCEDURE – BODY SHOT CARTRIDGE

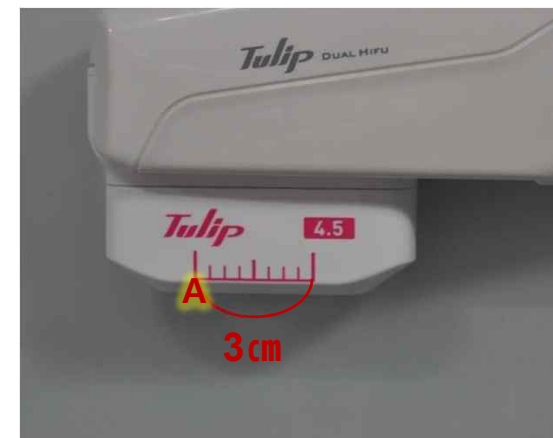
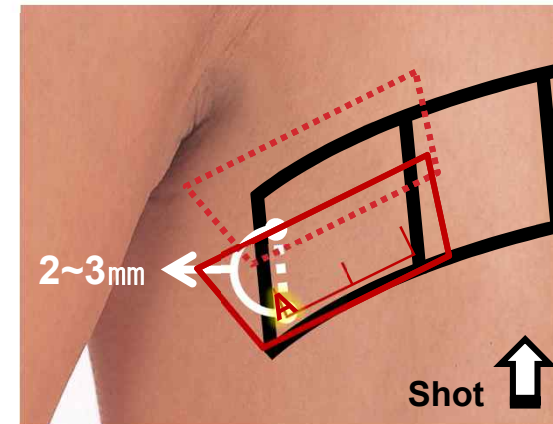
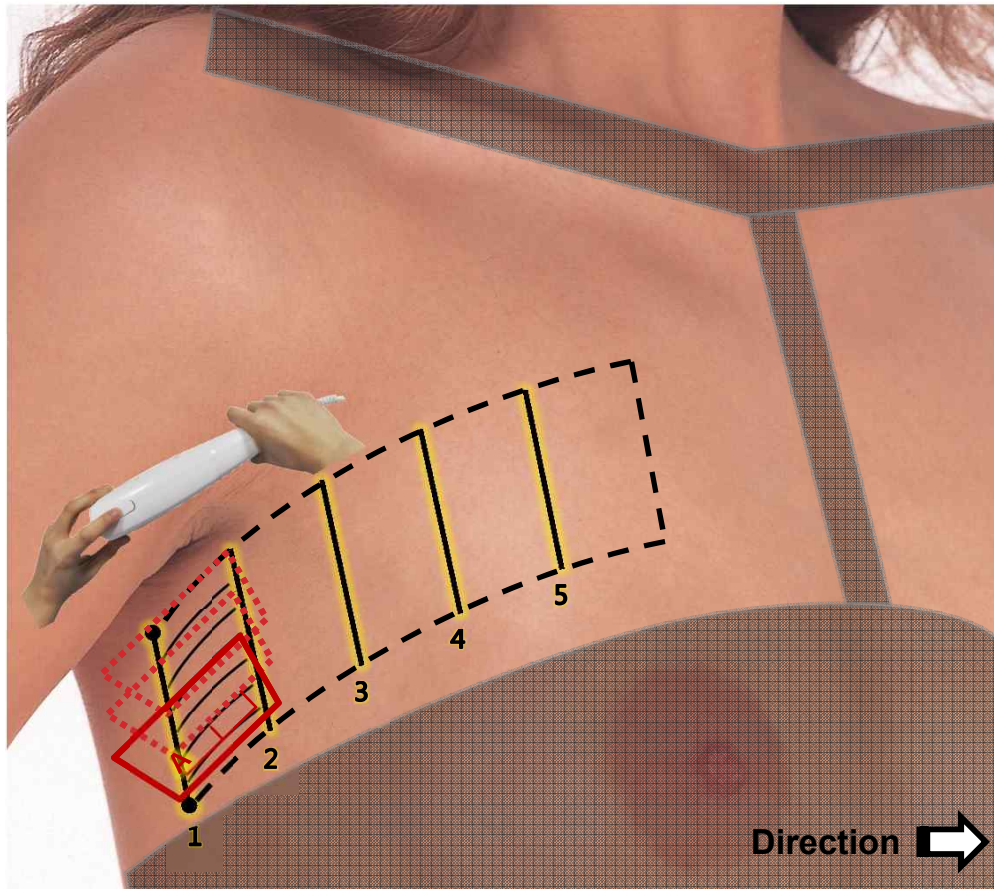
※ YOU SHOULD MAKE TEST SHOT BY WATER OR ULTRASOUND GEL BEFORE TREATMENT



\* In cases you treat at the right side of patient and you should give treatment to only inside design line

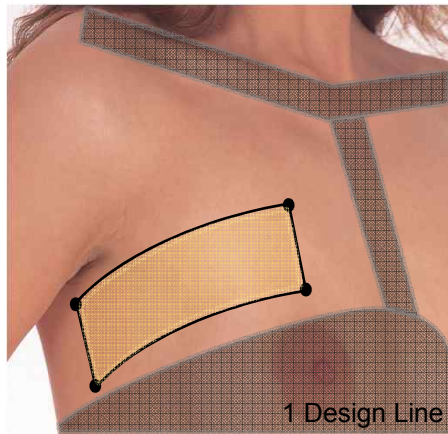
# 4-1. PROCEDURE – FACE CARTRIDGE

※ YOU SHOULD MAKE TEST SHOT BY WATER OR ULTRASOUND GEL BEFORE TREATMENT



\* In cases you treat at the right side of patient

## 5. PROTOCOL – BODY SHOT CARTRIDGE



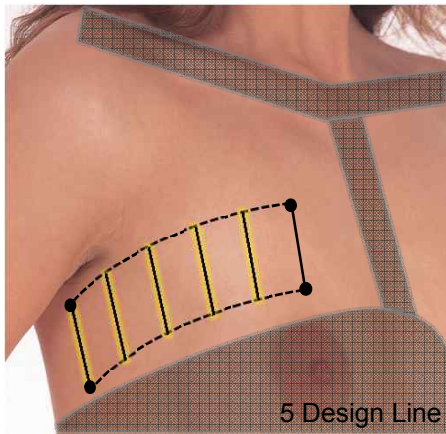
- 2~3cm between Shot and Shot
- 1 Design Line
- 1 Design Lines Treatment=1Pass
- Based on Left or Right side treatment

Fat Thickness	Cartridge (Depth)	Level	Design Lines	Total Shots
Fat $\geq$ 20mm	13mm	7 $\pm$ 2	1	75
Fat<20mm	7mm	7 $\pm$ 2	1	75

\* 1Pass

Total shot may different according to patient's fat thickness, area and etc.

## 5-1. PROTOCOL – MULTI SHOT CARTRIDGE



- 2~3mm between Shot and Shot
- 5 Design Lines
- 5 Design Lines Treatment=1Pass
- Based on Left or Right side treatment

Fat Thickness	Cartridge (Depth)	Energy(J) /Spacing(mm)	Design Lines	Total Shots
Fat<20mm	4.5mm	0.8 - 1.2J /1.5 - 2.0mm	5	75

\* 1Pass

Total shot may different according to patient's fat thickness, area and etc.

# POST-CARE AFTER TREATMENT

Purpose	Period	Treatment
<b>Pain relief / Heating</b>	Right after treatment	Ice pack, Cooling pack, Cooling device (Cryo)
<b>Circulation</b>	Right after treatment	Lymph massage
<b>Rejuvenation / Circulation</b>	After 1week	RF/Ultrasound
<b>Lipolysis</b>	After 2weeks	PPC/Meso-therapy/HPL
<b>Body contouring</b>	After 2week	Botox® / Filler / Massage
<b>Lipolysis / Tightening</b>	After 2weeks ~ 3weeks	Ultrasound Cavitation, Endomologie and etc