

## TYPICAL TREATMENT PARAMETERS

Skin Type	Fluence [J/cm <sup>2</sup> ]			Pulse Width	Cooling
	755/810	810	810/1064		
<b>I</b>	15-25	20-30	*22-32	Short	Strong
<b>II</b>	12-22	18-28	*16-26	Short	Strong
<b>III</b>	10-20	15-25	14-24	Short/Long	Strong
<b>IV</b>	8-18	12-20	12-22	Long	Strong
<b>V</b>	5-15 with caution!	8-16	10-20	Long	Strong
<b>VI</b>	N/A	5-10	8-18	Long	Strong

\*Not recommended due to low efficacy.

- **Pulse Mode**
  - Single and 1 pps Pulse Modes, all fluence values up to 40J/cm<sup>2</sup> may be used.
  - 2 pps Pulse Mode, fluence values up to 25J/cm<sup>2</sup> may be used.
  - Glide Pulse Mode (5 pps), fluence values up to 10J/cm<sup>2</sup> may be used.
  - The **Glide** Mode may be used on skin types **V-VI** with **810/1064** handpiece only.
- **Fluence**
  - The higher Fluence values may be used for lighter skin types (I-III).
  - The lower Fluence values and long pulse width may be used for darker skin types (IV-VI).
  - Start with low Fluence and change gradually according to patient tolerance and skin response.
  - Reduce Fluence on areas with thin and sensitive skin, like inner arm and inner thigh.
  - Reduce Fluence and apply more gel on areas with bone proximity like back of hands and shin.
  - Use higher Fluence settings for light skin, light hair and fine hair.
- **Pulse Width** - Use Long Pulse Width for dark skin and Short Pulse Width for light skin.
- **Cooling** - Use Strong Cooling while treating. When the hair is very superficial (e.g. upper lip, or Asian skin), reduce cooling level if treatment efficacy is impaired.

## TREATMENT AREAS

- On women face and neck avoid vellus, fuzzy hair. Treatment may result in bio-stimulation of hair growth of a coarser and darker terminal hair type.
- Do not treat the upper eyelids and the lips.
- Do not treat over tattoo or permanent make-up.
- Tanned areas, especially fresh ones are contraindicated!

## PRE-TREATMENT

- Avoid any tanning type 3-4 weeks prior treatment, or use at least 30 SPF sun block.
- Avoid irritant topical agents for 2-3 days before treatment.
- Avoid anticoagulants for 7-10 days prior to treatment, if medically permitted.
- Shave hair and remove shaved hair and ensure that skin is clean.
- Clean handpiece tip with alcohol 70%.
- Prepare cooling measures ready for use.

Please Note: Quick Reference Guides are on occasion revised and updated. It is the practitioner's responsibility to ensure the use of the most current version of the Quick Reference Guide. Current Clinical Updates may be found at InMode Australia Resource Centre.

- Apply thin layer of water-based gel (~1mm) to the treated area.
- Perform test patches at gradual fluences in Strong Cooling. Wait a few minutes for response, waiting longer for darker skin. For skin types V-VI wait 2 days before proceeding treatment on full area, as they may have a delayed response.
- Following test patches, some patients may not show any immediate response and another test may be attempted, on light skin only, with Normal Cooling.

## **TREATMENT PROCEDURE**

- Apply hand piece to the treated area ensuring a full contact with strong pressure and activate trigger button. Lasing is apparent by blue light running along a slit in the handpiece and by an audio signal.
- First press the foot switch and then the hand trigger to activate the laser. Keep the foot switch depressed along treatment. In a continuous mode, add a constant hand trigger pressure and in a single mode press and release the hand trigger.
- For safety, release the foot switch when not actively treating.
- In a continuous mode - slide the hand piece to adjacent area with minimal light-guide overlap. Choose 1 pps, 2 pps or Glide according to skin type and the speed of your hand movement.
- In a single mode (Auto Repeat Off) move hand piece by stamping with minimal light-guide overlap.
- Change hand piece position in 90° to ensure full contact with the skin on highly contoured areas, such as chin or shin area on the lower leg.
- When using the Glide Mode, move the handpiece quickly over the treatment zone with no overlap, then repeat passes on the same area. Stop when you see immediate redness and/or follicular response, or when patient experiences discomfort, with average number of 6 passes per area of ~150cm<sup>2</sup>. Typically, the lower the fluence and the larger the area, more passes are needed.
- End-points are:
  - Perifollicular erythema and edema, which are more apparent on light skin.
  - Burnt hair smell.
  - Occasional hair is pulled out easily by tweezers.
- If end-points are not obvious, mainly with light and fine hair or very deep and coarse hair, perform another pass, preferably in a different direction after a few minutes, when general erythema subsides.

## **TREATMENT SCHEDULE**

- The number of treatments is typically varied from 4-10 sessions every 4-8 weeks. As treatment proceeds, the intervals between treatments become longer.
- There are longer intervals for body hair (6-8 weeks) than for facial hair (4-6 weeks) in the first 3 sessions. In subsequent sessions the intervals on the face may increase to 8 weeks and on the body to 10-12. Legs may require 15 weeks intervals.
- Lighter and deeper hairs, as well as hormonally-controlled areas, such as chin, are more resistant and may require more treatment sessions.
- The best timing for additional session is when hair regrowth is observed.
- Touch-up treatment session may be needed for sporadic new hair growth due to individual physiological processes.

## **POST-TREATMENT RECOMMENDATIONS**

- Sun block should be used for 3 weeks following the treatment and 3 weeks preceding the next session.
- Moisturizer may be applied after each treatment.
- Make-up may be applied immediately after facial treatment if skin is intact.

## **TIPS**

- Light and/or fine hair are better treated by 755/810, but not on skin type VI and very cautiously on V.
- Deep hair like men's back and shoulders are better treated by 810/1064, regardless of skin type.