

GENERAL CONSIDERATIONS

Forma-I treatments are ideal for small areas, such as the periorbital area where the Forma Applicator is hard to maneuver.

FORMA-I TYPICAL TREATMENT PARAMETERS

RF Energy Level	Cut-Off Temperature [°C]	Treatment time [min]
<p>The energy level of Forma-I is changed from 1 to 9.</p> <p>Starting at 4, increase according to patient's comfort*.</p> <p>Typically, an Energy Level of 4-5 will heat and maintain tissue at the targeted temperature.</p>	<p>As high as tolerable, starting at 40°C.</p> <p>In general, higher cut-off temperature yields better results.</p>	<p>10-12 per zone,</p> <p>According to patient comfort.</p>

**Adjust parameters according to patient tolerance and skin response and increase them gradually.*

PRE-TREATMENT

- Clean hand piece tip with rubbing alcohol 70%.
- Clean treatment area.
- Examples of treatment zones are marked on the diagram.
- For periorbital treatment – remove make-up, contact lenses, eyelashes extensions/magnetic lashes, etc.



TREATMENT PROCEDURE

- Make sure that the hand piece for the treatment corresponds to the device interface.
- Apply 2-4mm clear ultrasound gel (not oil) to the treated zone and to adjacent zone that can serve as a warm gel reservoir for replenishing gel in the treatment zone with minimal delay.
- Ensure full contact of the electrodes with the skin with a firm pressure, then press footswitch to deliver RF.
- RF is continuous in Repeat mode and stops every 30sec in Single mode. Always work in Repeat mode.
- Move hand piece over the skin slowly (as slow as the patient can tolerate the heat) back and forth in the defined zone to ensure uniform heating.
- Move continuously to avoid hot spots.
- If patient complains of excessive heat, increase the speed of the movements, and/or the movement amplitude, and if this does not help, decrease the RF energy and finally, the cut-off temperature.
- When skin temperature reaches cut-off limit in ~2min, continue to treat for 10-12min/zone – the longer, the better. If cut-off temperature is <41°C, maintain the temperature for additional 1-3min.
- Repeat treatment for the other zones, following the same protocol.
- Stop treating a zone if excessive erythema/edema develops.

POST-TREATMENT

- Slight erythema and edema with a tight skin look is a typical immediate response.
- DO NOT cool the area post treatment.
- Moisturizer and makeup may be applied immediately after each treatment.

TREATMENT SCHEDULE

- The number of treatments is typically 6-8 sessions, once weekly and may vary individually.
- For Periorbital Treatment the number of treatments is typically 2-5 sessions every 2-4 weeks.
- Thicker skin that is more fibrotic may require more sessions.
- Single maintenance sessions may be needed every 1-3 months.

TIPS

- Moving hand piece rapidly from a cold area to a warmer area will prevent the temperature sensor to be accurate. Treat each zone in a uniform manner for accurate temperature readings and uniform heating.
- Marking the area will assist in treating within the zone borders.
- Add small amount of pre-warmed gel when needed to maintain cut-off temperature.
- Avoid using Forma-I on superficial fillers or fresh Botox.
- When treating over metal dental implants like crowns, braces, or caps, isolate the area by e.g. dental roll, gauze or wooden spatula to avoid overheating and discomfort.
- If arcing is noted, or patient experiences arcing sensation on curved areas, apply more gel, press firmly and move applicator slowly to ensure proper contact and coupling.
- Stop heating before removing the handpiece. Do not remove the handpiece from the skin while RF heating is active!