

## **FRACTORA TIPS**

- 60 pin tip, ablative short pins - For treating texture and mild rhytids for face and small body areas such as skin around the naval, arms, knees.
- 24 pin tip, ablative and non-ablative pins:
  - Non-coated - For wrinkles and acne scars.
  - Coated – Spares ablation to the epidermis and for tightening of all skin types including dark skin (IV-VI).
- All tips deliver sub-necrotic heating to the dermis and stimulate skin tightening.

## **TYPICAL TREATMENT PARAMETERS**

Clinical Indications	Tip	Treatment Area	RF Energy Level*	Number Sessions	Weeks between Sessions	Down Time Days
Superficial - texture, tone, fine lines	60	Soft tissue	10-25	3-5	1-4	0-1
		Bony area	5-20			
Moderate - texture, tone, fine lines	60	Soft tissue	15-30	2-3	4-5	2-3
		Bony area	10-25			
Deep - texture, tone, fine lines, fine vessels, wrinkles, acne scars	60	Soft tissue	20-30	1-2	4-6	7-10
		Bony area	15-25			
Deep ablation of wrinkles, scars	24 Non-Coated	Soft tissue	25-35	1-3	3-6	2-5
Deep ablation of wrinkles, scars	24 Non-Coated	Bony area	15-25	1-3	3-6	1-2
Tightening lax skin and dark skin ablation	24 Coated	Soft tissue	30-40	1-3	2-3	2-5
Tightening lax skin and dark skin ablation	24 Coated	Bony area	20-30	1-3	2-3	1-2

### **\*Always perform test spots prior to treatment!**

- All tips may be applied to skin type I-IV. Skin types IV-VI are better treated by 24 Coated pin tips.
- The higher the energy, the deeper the treatment and the longer the downtime.
- 60 pin tip energy is limited to 30 and repetition rate of 1pps in Auto Pulse Mode in some countries.
- Reduce energy when working on thin skin like neck, or on bony area like forehead.
- Further reduce energy on thin skin over bone, like upper chest and back of hands and apply more gel.
- When treating dark skin (IV-VI) treat with the 24 coated pin tip, restrict energy, starting at energy level 15 or lower, adding 5 levels each visit (every 6-8 weeks) to a maximum of energy level 40 (skin type IV) and 30 (skin type V-VI) on soft tissue, and energy level 25 over bone, preferably following bleaching regimen.

### **ENERGY SETTING CONSIDERATIONS**

- Start with lower settings for patient's first treatment, new user/clinician, and darker skin types.
- Lesion depth - Higher energy for deeper lesions such as acne scars and deep wrinkles.
- Higher settings may be used if the user is experienced and is determined and ordered by the physician.
- Method of Anesthesia:
  - Many patients can tolerate the treatment with no anesthesia at low energy levels of 5-20mJ/pin and sometimes more.
  - Topical anesthetic for 45-60 min – limited to energy as tolerated by the patient, depending on the percent numbing ingredients and patient sensitivity.
  - Some patients require nerve block for higher energy, limited to central face.
  - Tumescence infiltration or IV sedation usually when doing high level Fractora and when combined with an invasive procedure.

**PRE-TREATMENT**

- Using complete contact and firm pressure, apply a few test spots and wait 10-15min for light skin and longer for dark skin. If the spot pattern is uneven, remove the tip and apply a new tip.
- Start with a low energy per pin and watch skin response before increasing the settings.
- Anti HSV viral prophylaxis is recommended for patients with history of Herpes Simplex when treating the perioral area.
- Clean the Fractora tip (if arrive non-sterile) - lightly touch the tip with 70% alcohol prep pad or alcohol gauze pad and make sure that the pins are straight and dry.
- Remove numbing cream from treatment area – clean and degrease skin with cleanser, then 70% rubbing alcohol.
- Always exercise caution applying and removing numbing cream around the eyes so as not to accidentally expose anesthesia to eyes.

**TREATMENT PROCEDURE**

- Make sure that the chosen tip for treatment corresponds to the Tip Size on the interface.
- Apply the hand piece perpendicular to the treated area, with complete contact and firm pressure.
- Press footswitch to deliver RF energy – one press for each pulse in the Single Mode of Pulse Rate for sensitive areas like eyelids, or continuous press for the Repetitive Mode.
- Repetition rate (pps) is usually 1-2 pulses per second and depends on the speed of moving the hand piece from one spot to another.
- When performing Fractora treatment, move the hand piece to the adjacent area with overlapping of approximately 30-50%, or just enough to ensure the side-electrodes do not overlap. Minimal overlapping of the tip's rim is needed to ensure complete area coverage.
- When using the coated 24 pin tip, 1-2 additional pulses may be triggered at the same site (Stacking).
- If gaps are visible after the full area treatment, they may be re-treated immediately.
- Occasionally, an additional 1-2 passes are necessary to optimize results. Wait until the full area is treated before attempting a second pass, allowing for a delayed response. Additional pass may be applied in a different direction to the first pass, to ensure complete area coverage.
- The endpoints are minimal to substantial erythema and edema, visible ablative craters and a smell of ablated tissue, often accompanied by tingling heat sensation.
- Multiple tips may be used on the same patient, starting deep to superficial, e.g. 24, 60 pin tips. Using multiple tips will customize and treat for lesion depth and lesion density.
- For Treatment Schedule: See Table.

**POST-TREATMENT**

- Cooling the skin with cold saline soaked gauze for a few minutes can reduce discomfort and excessive skin response.
- Apply healing ointment or antibiotic ointment, post treatment for 1-3 days.
- As soon as the ablative craters close (1-3 days), apply moisturizer, sun-screen, and mineral makeup.
- Tiny scabs may appear after 1-3 days and stay for several days following the treatment. The scabs should not be touched or scratched even if they itch and should be allowed to flake off naturally.
- Avoid sun, tanning beds, tanning creams, bronzers and spray tans exposure for at least 4 weeks post treatment.

**TIPS**

- Use firm, not excessive, pressure to ensure good contact and coupling of the tip.
- Cooling the treated skin is recommended prior, during and after treatment to relieve discomfort. Chilled air cooling is mostly recommended. For pre-treatment, if other means of cooling used, make sure cooling method is clean and area is dry to prevent arcing and to facilitate best ablation.
- Avoid treating over superficial injected areas with natural fillers, or fresh Botox.