



BASIC PARAMETERS CONSIDERATIONS

- Use higher RF power settings for thick and fatty skin. Reduce power on thin/sensitive skin and over bone areas.

TITE TYPICAL TREATMENT PARAMETERS

RF [W]	Cut-Off Temperature [°C]	Treatment time [min]
Starting at 20, increase according to patient's comfort*. Typically, RF power of 30-40 will heat and maintain tissue at the targeted temperature.	As high as tolerable, starting at 40°C. In general, higher cut-off temperature yields better results.	30-60, according to patient comfort

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

PRE-TREATMENT

- Remove any jewelry in the treatment area.
- Clean Tite units with rubbing alcohol 70%.
- Test the patient stop button prior to each session. This will pause the session if needed.
- Clean and dry skin from all creams, lotions or sweat residue prior to the treatment.
- Select appropriate belt size and adjust it according to treatment area.
- Mark treatment zones prior to beginning treatment while patient is standing.
- Ensure patient is positioned comfortably on treatment table. Position the patient so the treatment area is fully accessible, and the treatment can be performed easily.
- Long and dense hairs may affect the treatment and should be shaved according to physician's discretion.
- Apply conductive gel to the skin, addition gel can be applied directly to the Tite units.
- Set Tite units on the belt.
- Apply the belt with the Tite units on treatment area while the patient is positioned in the same position as the treatment will be performed. For example, if the treatment is on the arm, ensure the patient is laying down with his/her arm down. Ensure there is minimal movement after the Tite units are applied.
- Ensure complete contact between the unit and the skin prior to starting the treatment and throughout the entire procedure.
- The belt should not be loose. Ensure the belt is taut around the treatment area. Secure the units with additional belt on the top if needed.
- When applying on small, curved areas, space the units apart. The distance will allow units to maneuver on curved areas and will provide better coupling with the surface.
- Connect cables to Tite units. Make sure to connect cables in numerical order: 1-4, then 5-8 as needed according to the treatment area size.
- To connect: take the cable and align the red dot on the cable to the red dot on the Tite unit. This is a push-pull connector. Do not twist the cable into the unit connector. This may damage the pins and make the cable useless.

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.



- Provide patient with Patient Call Button and educate on proper use.

TREATMENT PROCEDURE

- Ensure full contact of the electrodes with the skin before starting the treatment.
- Set treatment parameters. Start with low RF power and cut-off temperature gradually increasing according to patient's comfort.
- Set treatment time to desired treatment duration.
- Procedure should NOT be too hot or intolerable to the patient. The description should be 'hot stone massage' or 'warm heating pad.' If the patient complains of discomfort disable the applicator and inspect the area. Treatment can be continued with one (or a few) of units disabled.
- If one of the applicators significantly delays with reaching temperature, it's a warning to check coupling or applicator integrity.
- Treatments can be paused by pressing the Pause button in the upper left corner of the screen.
- Treatment attendant should not leave the room immediately after starting the treatment. Important to see that all applicators reach cut-off temperature and cut-off mechanism works properly. This should take 2-3 minutes.
- Repeat treatment for the other zones if needed, following the same protocol.
- Slight erythema and edema with a tight skin look is a typical immediate response.
- When combining with other modalities:
 - For thick fat areas use 45 min of Tite with 15 min of Trim,
 - For loose skin areas use Tite only up to 60 min
 - For muscle tone improvement and skin remodeling use 30 minutes of Tite followed by 10-20 minutes of Tone.

POST-TREATMENT

- DO NOT cool the area post treatment.
- Avoid very hot water and direct heat exposure, as well as scrubbing and scratching the skin for 2 days.
- Moisturize the skin.

TREATMENT SCHEDULE

- The number of treatments is typically 3-6 sessions, once weekly or once in two weeks and may vary individually.
- Longer treatment time of each treatment may help reduce the number of sessions.
- Thicker skin that is more fibrotic may require more sessions.
- Single maintenance sessions may be needed every 1-3 months.

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