

**PATIENT SELECTION**

To manage patient expectations, it is important to remember that the Evolve Tone is not weight loss device. Setting expectations is the key to patient satisfaction.

**TONE TYPICAL TREATMENT PARAMETERS**

Intensity Level	Treatment time [min]
As high as tolerable, starting at 5. To prepare the muscles for maximum stimulation, gradually increase intensity during first few minutes to reach visible muscle contractions. *	10-20

*\*Adjust parameters according to patient tolerance and muscle contraction level.*

**PRE-TREATMENT**

- Remove any jewelry in the treatment area
- Clean the Tone applicators with a soft cloth, moistened with 70% alcohol. DO NOT submerge the applicator in fluids.
- 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 application of the Tone units.
- 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 below each of the Applicator units, additional gel can be applied to Applicator units.
- Apply the Tone Applicators on top of the treatment zone, so gravity will keep the units attached to the skin.
- Apply Tone Applicators 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 Tone Applicators are applied.
- There should be a complete contact between the applicator and the skin during the treatment session.
- 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.
- Connect the cables 1-4 to Applicators. Ensure cables are attached symmetrically by pairs 1&4 and 2&3. Important: Cables 5-8 are disabled for the Tone procedure.
- Intensity level settings are changed from 1 to 50 energy levels and can be adjusted separately per pair of applicators 1&4 and 2&3.
- To connect cables to the Tone applicators, align the red dot on the cable connector to the red dot on the Applicator. This is a push-pull connector. Do not twist the cable into the unit connector. This may damage the pins and the cable.

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**

- Set treatment time to desired treatment duration and press the Start button.
- Start with low energy levels and gradually increase according to patient's comfort and visible muscle contraction.
- The procedure should NOT feel intolerable to the patient. If the patient complains of discomfort, immediately pause the treatment and inspect the area. Treatment can be continued with one or more of applicators disabled. Reduce intensity if needed.
- Treatments can be paused by pressing the Pause button in the upper left corner of the screen.
- Repeat treatment for other zones if required, following the same protocol. Don't overlap treatment zones.
- Transient erythema and edema are a typical immediate response following the treatment.
- When combined with Trim or Tone or both Applicators, Tite treatment should be done first to warm tissue up to improve treatment efficiency and comfort.

### **POST-TREATMENT**

- Avoid cooling the skin post treatment.
- Avoid very hot water and direct heat exposure for 2 days.
- Avoid scrubbing and scratching the treated area.
- Moisturize the skin.

### **TREATMENT SCHEDULE**

- The number of treatments is typically 3-6 sessions, once weekly and may vary individually.
- Single maintenance sessions may be needed every 1-3 months.