



Transform combines deep RF heating and Electro-Muscle Stimulation (EMS) targeting the skin, subcutaneous fat and underlying muscles in the same treatment session.

**BASIC PARAMETERS CONSIDERATIONS**

- Use higher energy settings for thicker layer fat skin. Reduce energy on thin/sensitive skin and over bone areas.

**TRANSFORM TYPICAL TREATMENT PARAMETERS**

<b>RF Energy Level</b>	<b>Cut-Off Temperature [°C]</b>	<b>Treatment time [min]</b>
<b>Starting at 20, increase according to patient’s comfort*. There is no need to increase energy when temp achieved. Typically, an Energy Level of 20-30 will heat and maintain tissue at the targeted temperature.</b>	As high as tolerable, starting at 40°C, according to patient tolerance and skin response. In general, higher cut-off temperature of 43°C - better results.	<b>30-60, according to indication. Longer for more fat.</b>
<b>EMS Intensity Level</b>		
<b>As high as tolerable, starting at 1 and gradually increasing intensity (every 30 sec) to reach muscle contraction sensation until visible and comfortable muscle contractions are seen. *</b>		<b>20 - 30, according to patient comfort.</b>

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

**PRE-TREATMENT**

- Remove any jewelry in the treatment area.
- Clean Transform units with iso-propyl alcohol 70% (IPA).
- Test the Call Button prior to each session and instruct the patient on proper use to pause the session if needed.
- Mark treatment zones prior to beginning treatment while patient is standing.
- Clean and dry skin from all creams, lotions or sweat residue prior to treatment.
- Select appropriate belt size and adjust it according to treatment area.
- Ensure patient is positioned comfortably on treatment bed. Position the patient so the treatment area is fully accessible, and the treatment can be performed easily. When treating with EMS make sure that the muscle is not fully stretched, e.g., when treating the *rectus abdomini (longitudinal abdomen muscles)*, elevate a bit the upper body of the patient.
- Do not treat the Pectoralis Major (chest) muscles with EMS
- Long and dense hairs may affect the treatment and should be removed according to physician’s discretion.
- Apply water-based conductive gel to the skin, or directly to the Transform units.
- Set Transform units on the belt.
- Apply the belt with the Transform 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 Transform units are applied.
- Ensure complete contact between the units and the skin prior to and throughout the entire procedure.
- Ensure the belt is taut around the treatment area. Secure the units with additional belt on the top, if needed.
- Active cables are 1-3 and 6-8, whereas cables 4, 5 are disabled for the Transform procedure.

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.



- In EMS Mode, the odd cables (1,3,7) work simultaneously and are followed by a simultaneous work of the even cables (2,6,8). In order to avoid a simultaneous spastic response of right and left muscles during EMS treatment that may cause discomfort and even hazard to muscles integrity, connect the even cables to one body side and the odd ones to the other (e.g. left/right or upper/lower abdomen or left/right thigh).
- With 6 units: Connect even cables (2,6,8) to one body side and odd cables (1,3,7) to the other side.
- With 4 units: Connect 1,3 on one side and 6,8 on the other. With 2 units connect 1 on one side and 6 on the other.
- To connect: take the cable and align the red dot on the cable to the red dot on any Transform unit. This is a push-pull connector. Do not twist the cable into the unit connector. This may damage the pins and the cable.

### **TREATMENT PROCEDURE**

- Ensure full contact of the electrodes with the skin before starting the treatment.
- Set low treatment parameters - energy levels and cut-off temperature for RF and minimal EMS intensity and increase gradually.
- 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 by touching its symbol on the screen and inspect the area. Treatment can be continued with one or more units disabled, preferably by recentering the residual units.
- If one of the applicators significantly delays with reaching temperature, it's a warning to check coupling or applicator integrity.
- Treatment can be paused by pressing the Pause Button in the upper left corner of the screen.
- When re-starting treatment, reduce EMS intensity to minimum and gradually increase again.
- Treatment attendant should not leave the room after starting the treatment. It is important to see that all applicators reach cut-off temperature and cut-off mechanism works properly. This may 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.

### **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**

- Number of Transform RF/EMS treatments is typically 3-6 sessions, once weekly or once in two weeks and may vary individually. More treatments and more frequent ones may be performed for EMS muscular treatments, according to physician discretion.
- 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.