

PATIENT SELECTION

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

TRIM TYPICAL TREATMENT PARAMETERS

RF [W]	Cut-Off Temperature [°C]		Treatment Time [min]
Starting at 25, increase up to 30	Abdominal area	*Starting at 41 up to 43	**10-15 , Do not exceed 15 min of total treatment time, including preheating
	Other areas or sensitive, compromised skin (stretch marks, thin skin, etc.)	*Starting at 40 up to 42	
	For maximal comfort, gradually increase temperature during first few minutes		

**Adjust parameters according to patient tolerance and skin response and increase them gradually once the preheating is over.*

*** It is advisable to start with a duration of 10 minutes and possibly increase the time in subsequent sessions.*

PRE-TREATMENT

- Remove any jewelry in the treatment area.
- Shave treatment area if necessary (it is recommended to shave 24-48 hours before the treatment).
- Confirm fat thickness is ≥ 2.5 cm/1" in the treatment area by performing a pinch test.
- Recommended treatment areas that abide by fat thickness: Abdomen, buttocks and thighs (stay 10cm/4" above the knee). Other thinner fat areas can be treated with Tite applicator.
- Do not treat the arms!
- Clean and dry the skin surface prior to applying the applicators. Ensure there are no creams, lotions or sweat residue on the area to be treated.
- Clean the Trim units with a soft cloth, moistened (not soaked) with 70% alcohol. DO NOT submerge the applicator in fluids.
- Test the Patient Call Button prior to each session. This will pause the treatment if needed.
- DO NOT use gel, water, or oil-based preparations such as creams or lotions during the procedure. These substances may interfere with the treatment procedure and can damage and clog the applicator.
- Prior to beginning the treatment, while the patient is standing, mark the treatment zones.
- When positioning the patient, ensure that the treatment area is fully accessible and the treatment can be performed easily.
- Apply Trim units within the marked treatment zones, while the patient is positioned in the same position as the treatment will be performed. Ensure there is minimal movement after the Trim units are applied.
- There should be a complete seal between the applicator and the skin during the treatment session. Reattach the Trim unit to the skin if a vacuum is not created.
- 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. Ensure that the vacuum/suction outlet of each unit is not covered with the belt.
- Connect the cables to Trim units. Ensure cables are attached in a numerical order: 1-3, then 5-7, as needed according to the treatment area size. Note that Cables 4 and 8 are disabled for the Trim procedure.

- To connect cables to the Trim applicators, align the red dot on the cable connector to the red dot on the Trim unit. This is a push-pull connector. Do not twist the cable into the unit connector. This may damage the pins and the cable.
- Provide patient with Patient Call Button and educate on proper use.

TREATMENT PROCEDURE

- Set treatment time to desired treatment duration. Please note that regardless of chosen treatment parameters, the device is automatically set to start with PREHEAT sequence: the system will deliver the lowest RF Power to preheat the units and to bring skin and electrodes to the same temperature. This time is part of the treatment time. There is no need to compensate PREHEAT time by adding more treatment time.
- Set RF Power and Cut-off temperature. For maximal comfort, gradually increase RF level and temperature during first few minutes. For sensitive, thin skin use lower RF and Cut-off temperature or refrain from Trim treatment and apply only the Tite applicator.
- The procedure should NOT feel hot or intolerable to the patient. If the patient complains of discomfort, immediately disable the applicator and inspect the area. Treatment can be continued with one or more units disabled. Reduce RF power and Cut-off temperature, if needed.
- Consequent cyclic unit activation during the procedure will be reflected on the screen.
- Treatments can be paused by pressing the Pause button in the upper left corner of the screen.
- The treatment attendant should not leave the room after starting the treatment as it is important for the clinician to ensure that that all applicator units reach the set cut-off temperature and that the cut-off mechanism works properly. This should take approximately 2-5 minutes.
- If one of the applicator units significantly delays with skin heating, it will be automatically disabled. It is a safety feature to ensure proper work of Trim units. Check the coupling and/or applicator integrity.
- Repeat treatment for the other zones if required, following the same protocol. Do not overlap treatment zones.
- Transient erythema and edema are a typical immediate response following the treatment. In some instances, bruising may occur when an area of sensitive or thin skin is treated.
- Treatment with Trim is better preceded immediately by treatment with Tite Applicator for 30 to 45 minutes.

POST-TREATMENT

Instruct the patient to:

- Avoid very hot water and direct heat exposure for 2 days.
- Avoid UV exposure (tanning bed or sun) for 7 days post treatment.
- 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.
- Thicker skin that is more fibrotic may require more sessions.
- Single maintenance sessions may be needed every 1-3 months.