

## Treatment Guidelines for RC Power Radio Frequency Treatments

1. Chill area of treatment prior to therapy session using chilling handpiece. Use for approximately 60 seconds on face per facial hemisphere, and two minutes on body area per treatment area.
2. Use small tip on handpiece for face, and larger tip handpiece on body.
3. Begin therapy session with handpiece attached to the 2 mHz output on the back of machine. Treatment on the face should begin at approximately 60 on the power output, adjusting for client comfort. Use stroke speed to adjust for client comfort. Adjust stroke speed to accommodate client comfort attempting to go as slow as possible, while not creating discomfort. Use neutral gel on the skin to conduct current through the handpiece. Follow facial lines in an upward motion (i.e. follow nasolabial folds from chin towards the forehead). Use this therapy for approximately six minutes per facial hemisphere. For body treatment, use larger handpiece attachment on the 2mHz attachment, but use single strokes that go from lateral to medial in the area of treatment. The area of treatment on the body should be approximately the size of your hand. Use for six minutes per area of treatment.
4. If performing treatment on body area, begin therapy by using circular motions over axillary lymph node area for approximately thirty seconds per side in order to stimulate lymphatic drainage in the torso.
5. Following several minutes of therapy with the 2mHz output, you should change the handpiece output to the 4mHz output for the next portion of the therapy. Use the small tip for the face and the large tip for the body. Adjust power output to 75 to 80. Using constant circular motions with pressure and without stopping the handpiece in any single place, the therapy should be performed until a topical skin temperature of approximately 39 degrees centigrade is reached. You should verify with temperature reading that therapeutic temperature is reached in order to achieve results. If unable to reach therapeutic temperature, you should slow handpiece motion to achieve therapeutic level. Use as neutral gel (ultrasound gel) and use constant motion with the handpiece to reach therapeutic temperature is reached. **Once therapeutic temperature is reached, continue therapy for six minutes.**
6. Use chilling device following treatment for 90 seconds to two minutes over area just treated.
7. Therapy should be performed twice a week for four weeks. Water intake should be two liters per day during therapy series.