

CLINICAL BULLETIN

TiteFX Procedure Updates

Some TiteFX patients complain of spots of excessive heat sensation inside the treated area. This may happen due to:

- a. The skin surface temperature monitor is located in the center of the vacuum chamber. The temperature along the long side electrodes may be slightly higher.
- b. The metal electrodes are cold and may cool the skin surface underneath, whereas the heat inside the treated area is increasing. Thus, the monitored temperature of the skin surface does not reflect the accurate temperature inside, and may slightly pass the cut-off temperature.

Both points may contribute to non-uniformity and possible slightly hotter spots inside, especially when the 2nd RF is triggered.

In order to avoid overheating by TiteFX, the following measures are recommended:

- a. When you work over the treatment area (6-8 fields), you dwell on each site until the pulse is terminated and move to next site. The shorter the pulse duration, the more passes you need in order to reach the cut-off temperature and activate the 2nd RF, but then heating is more gradual. Allow a gradual temperature rise which will contribute to heat uniformity, rather than a sharp rise. This implies that you either use short pulses (3-5sec) and warm up the electrodes gradually, or if you choose a starting long pulse, like 7sec, it has to be reduced in subsequent passes, as area temperature rises.
- b. Move the TiteFX hand piece on the treatment area in a randomized manner that will differ from one pass to another. This will avoid overheating of possible "hot spots" in more than one pass. For example, make the one pass perpendicular to the other, the next pass diagonal, etc.

You may start with a mild cut off temperature of 38°C and increase gradually up to the temperature endured by the patient. Most patients will tolerate 40-41°C and some even up to 43°C.

Please note that some patients are taken by surprise when the first 2nd RF is pulsed. It is therefore advised to start with low level 2nd RF and increase gradually according to patient tolerance. Be very mild or avoid treating areas with thin fat layer, such as arms.