



Secret™ PRO

# Clinical Training Presentation

D00261 rC April, 2022



## Progressive Dermal Remodeling with Defined Results

# Secret PRO Indications

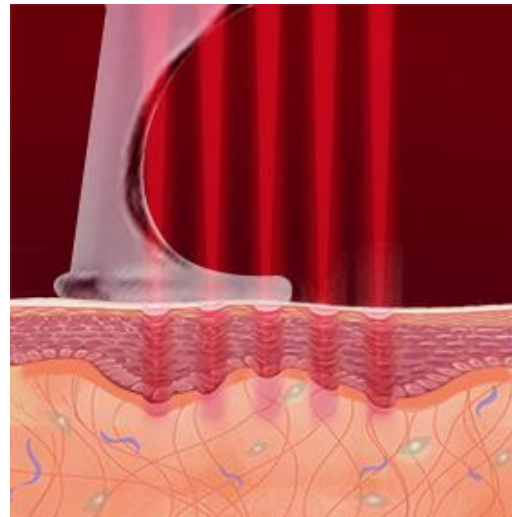
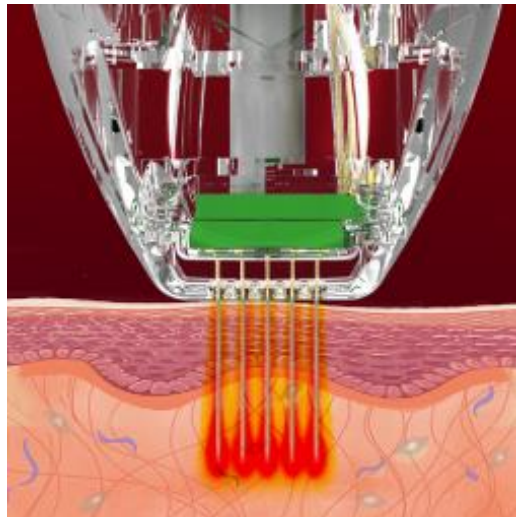
- Secret PRO RF Microneedling Handpiece Indications
  - RF Microneedling is used to help patients with photoaging, revitalization, scars or stretch marks<sup>1</sup>
- Secret PRO CO<sub>2</sub> Fractional Handpiece Indications
  - Fractional mode: Indicated for ablative skin resurfacing.



<sup>1</sup> RF Microneedling via hemostasis and coagulation. CO<sub>2</sub> via skin resurfacing.

# Secret PRO – A Dynamic Duo

- Multi-technology platform with 2 unique modalities for defined results and optimal outcomes
- Secret PRO combines 2 gold-standard energy sources for full thickness skin revitalization.
  - RF microneedles targets deeper layers of the skin from 0.5 mm - 3.5 mm
  - Fractional CO<sub>2</sub> laser targets the epidermal layers
    - 10,600 nm targets the chromophore water



# Secret PRO – A Dynamic Duo



Secret PRO combines a CO<sub>2</sub> fractional laser and fractional RF microneedling in the same device.

The CO<sub>2</sub> fractionally ablates the outermost layers of the epidermis the minimally invasive RF reaches the deeper dermal layers and denatures the tissue surrounding the microneedles.

This unique combination of gold standard technologies, treats the full thickness of the epidermis and dermis to stimulate neocollagenesis and increase hyaluronic acid production to provide patients with youthful looking skin.<sup>1</sup>

<sup>1</sup>Via hemostasis and coagulation for RF Microneedling and via skin resurfacing for CO<sub>2</sub> treatments.





# Secret PRO Signature Treatments

4 unique treatment options for skin resurfacing and deep dermal remodeling, designed specifically to address your patient's needs.

## Refine RF Microneedling

Refine and renew your overall skin quality from the inside out. This treatment uses radio frequency energy via small microneedles to address the signs of aging, scars, stretch marks, large pores, and skin quality through hemostasis and coagulation.<sup>2, 3, 4</sup>



## Ultra-Lite CO<sub>2</sub> Light Laser Peel

Prejuvenate to prevent signs of aging or address current skin concerns, like uneven texture, dull skin tone, and overall complexion quality.<sup>1</sup> Reveal healthy, refreshed skin with this light laser treatment.



## Ultra CO<sub>2</sub> Fractional Resurfacing

Peel back years of aging and damage with this powerful CO<sub>2</sub> laser treatment that smooths and brightens skin tone and quality while promoting collagen production to address the signs of aging.



## Revive RF Microneedling & CO<sub>2</sub> Fractional Resurfacing

Our most advanced treatment - it combines both RF microneedling and CO<sub>2</sub> laser technologies in the same session. This revolutionary treatment provides intense, comprehensive skin renewal.<sup>1,3</sup>



<sup>1</sup> Tierney, Emily, and William Hanke. "Fractionated Carbon Dioxide Laser Treatment of Photoaging: Prospective Study in 45 Patients and Review of the Literature." *Dermatologic Surgery*, vol. 37, no. 9, 2011, pp. 1279–1290., <https://doi.org/10.1111/j.1524-4725.2011.02082.x>.

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<sup>3</sup> Yadav, Savita, and Aashim Singh. "Microneedling: Advances and Widening Horizons." *Indian Dermatology Online Journal*, vol. 7, no. 4, 2016, p. 244., <https://doi.org/10.4103/2229-5178.185468>.

<sup>4</sup> Cho, Soo Ick, et al. "Evaluation of the Clinical Efficacy of Fractional Radiofrequency Microneedle Treatment in Acne Scars and Large Facial Pores." *Dermatologic Surgery*, vol. 38, no. 7, 2012, pp. 1017–1024., <https://doi.org/10.1111/j.1524-4725.2012.02402.x>.

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# Secret PRO Treatments

- Secret PRO is a medical device. It is important to obtain a complete medical history, signed informed consent and set appropriate patient expectations.
  - Secret PRO Consent Form templates available on MyCutera.com
- Consult the Secret PRO Treatment Guidelines & User Manual for a complete list of contraindications, precautions/warnings and expected transient events possible adverse events.
- Refer to Secret PRO Treatment Guidelines for comprehensive treatment instructions



# Secret PRO Treatments

*The following parameters are provided as a guide only and are based on practitioner feedback. Start with conservative settings and observe tissue interaction and clinical endpoints to determine appropriate settings. Adjust settings based on tissue response.*



# Secret PRO Contraindications

*See the User Manual for a complete list of contraindications*

- Pregnancy
- Patients with cardiac pacemaker (RF Microneedling Treatments)
- Patients with an implantable metal or medical device in the treatment area
- Any active condition in the treatment area, such as sores, psoriasis, eczema, and rash (including Melasma)

# Patient Precautions

*See the Secret PRO Treatment Guidelines & User Manual for a complete list of precautions*

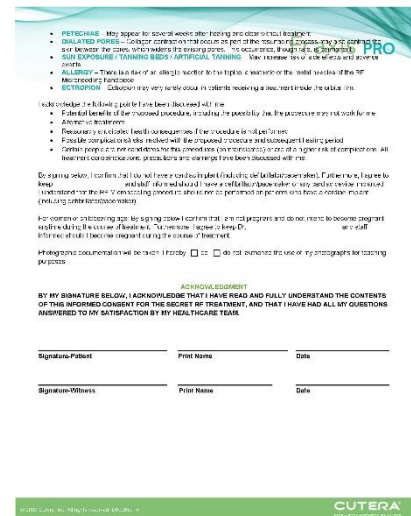
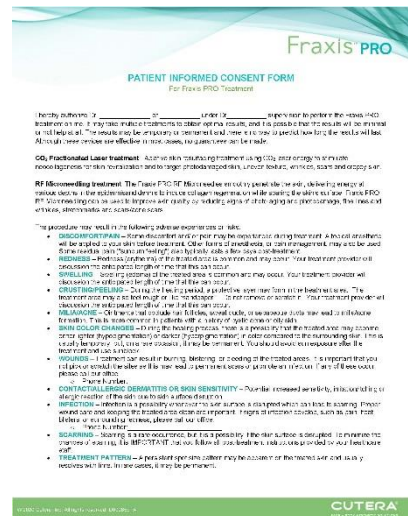
- Face lift or eyelid surgery in treatment area within year prior to treatment
- Treatment with other RF or light device within one month in treatment area
- Dermabrasion, resurfacing, or deep chemical peeling in the treatment area within the last 3 months
- Do not treat over tattoos or permanent makeup
- History of skin disorders, keloids, abnormal wound healing, as well as very dry and fragile skin
- Tanned skin from sun, tanning beds or tanning creams within the last 2-4 weeks
- Use caution in patients with known sensitivities or allergies to the metals (including chromium and nickel) when treating with the RF Micro-needling handpiece
- Not recommended to treat over melasma

# Preparing Patients for Treatments

- Patients should not wear makeup on the day of treatment
- Excess hair may need to be shaved. Men should be cleanly shaved
- No sun-tanning or self-tanners 4 weeks prior to treatment
  - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Advise patient to avoid skin irritants a few days before and after treatment
  - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, vitamin C/ascorbic acid, astringents, etc.
- History of herpes or cold sores may require an anti-viral prescription prior to treatment

# Possible Adverse Events

- **Medical treatment of any adverse events are at the discretion and medical judgment of the treating clinician**
  - **Medical director at your site should have protocol in place for any potential adverse events**
- See *Secret PRO User Manual* for a complete list expected possible Adverse Effects.
- Patient consent template provided on <https://MyCutera.com>.





# Possible Adverse Events

- **DISCOMFORT/PAIN** – Some discomfort and/ or pain may be experienced during treatment. A topical anesthetic will be applied to your skin before treatment. Other forms of anesthesia, or pain management, may also be used. Some residual pain (“sunburn feeling”) also typically lasts a few days post-treatment.
- **REDNESS** – Redness (erythema) of the treated area is common and may occur. Patient should be informed of the anticipated length of time that this can occur.
- **SWELLING** – Swelling (edema) of the treated area is common and may occur. Patient should be informed of the anticipated length of time that this can occur.
- **CRUSTING/PEELING** – During the healing period, a protective layer may form in the treatment area. The treatment area may also feel rough or like “sandpaper.” Do not remove or scratch it. Patient should be informed of the anticipated length of time that this can occur.
- **MILIA/ACNE** – Ointments that occlude hair follicles, sweat ducts, or sebaceous ducts may lead to milia/acne formation. This is more common in patients with a history of cystic acne or oily skin.
- **SKIN COLOR CHANGES** – During the healing process, there is a possibility that the treated area may become either lighter (hypopigmentation) or darker (hyperpigmentation) in color compared to the surrounding skin. This is usually temporary, but, on a rare occasion, it may be permanent. Patient should avoid sun exposure after the treatment and use sunblock.
- **WOUNDS** – Treatment can result in burning, blistering, or bleeding of the treated areas. It is important that you not pick or scratch the sites as this may lead to permanent scars or promote an infection. If any of these occur, patient should be advised to contact their treatment practitioner.
- **CONTACT/ALLERGIC DERMATITIS OR SKIN SENSITIVITY** – Potential increased sensitivity, irritation/itching or allergic reaction of the skin due to skin surface disruption.
- **INFECTION** – Infection is a possibility whenever the skin surface is disrupted which can lead to scarring. Proper wound care and keeping the treated area clean are important. If signs of infection develop, such as pain, heat, blisters, or surrounding redness, If any of these occur, patient should be advised to contact their treatment practitioner.
- **SCARRING** – Scarring is a rare occurrence, but it is a possibility if the skin surface is disrupted. To minimize the chances of scarring, it is IMPORTANT that patient follows all post-treatment instructions provided by their treatment practitioner.
- **TREATMENT PATTERN** – A persistent spot size pattern may be apparent on the treated skin and usually resolves with time. In rare cases, it may be permanent.
- **PETECHIAE** – May appear for several weeks after healing and clear without treatment.
- **DILATED PORES** – Collagen contraction that occurs as part of the resurfacing process may also contract the skin between the pores, which widens the existing pores. This occurrence, though rare, is permanent.
- **SUN EXPOSURE / TANNING BEDS / ARTIFICIAL TANNING** – May increase risk of side effects and adverse events.
- **ALLERGY** – There is a risk of an allergic reaction to the topical anesthetic or the metal needles of the RF Microneedling handpiece.
- **ECTROPION** – Ectropion may very rarely occur in patients receiving a treatment inside the orbital rim.



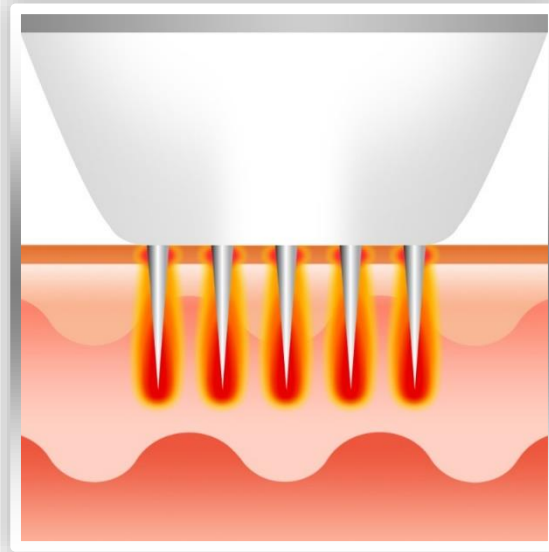
## RF Microneedling

- Secret PRO Refine
- Secret PRO Revive

# RF Microneedling



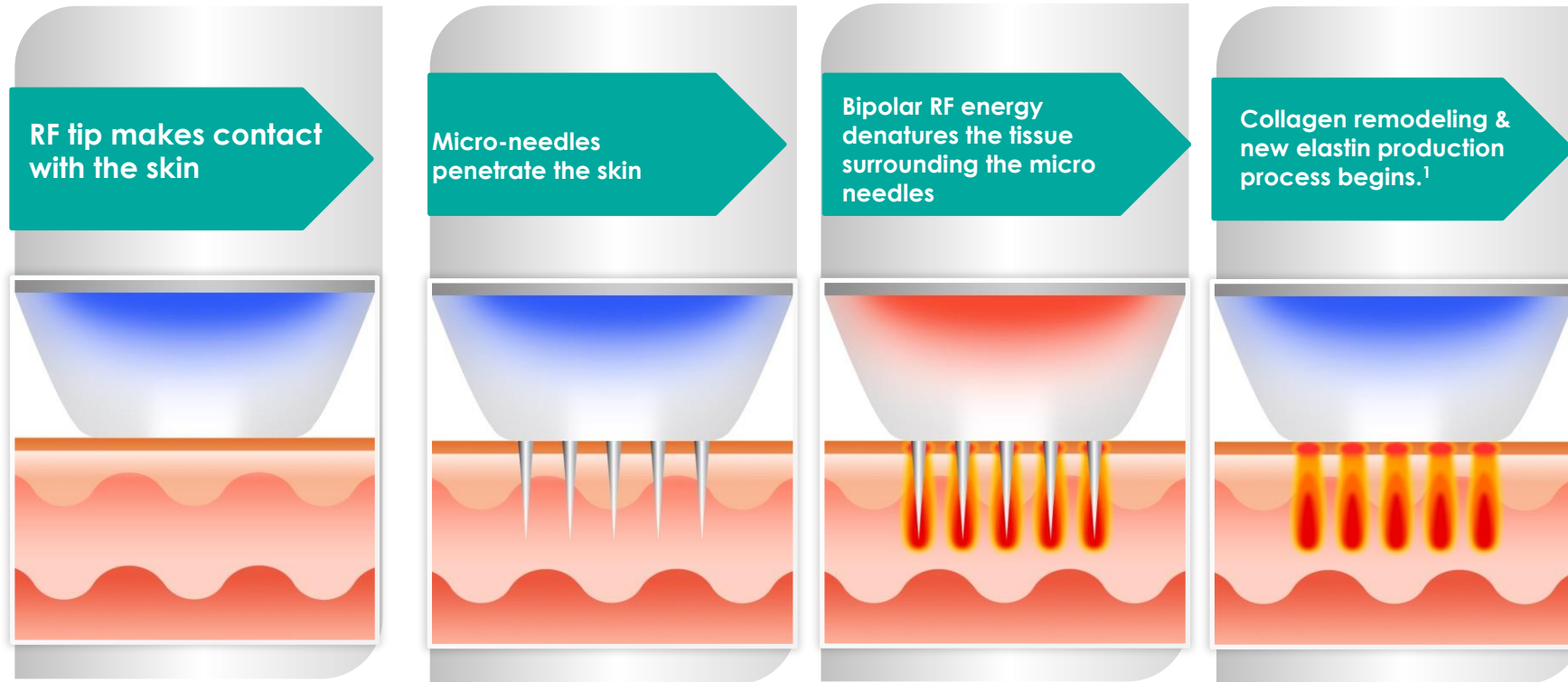
- Medical Grade **Sterilization**
- **Gold** Plated
- **Single** Use



**Coagulation**  
( $\approx$  60~80°C)

- Gold plated needles for biocompatibility and smooth needle insertion and removal
- Smooth motor design directs the microneedles in a controlled and fluid motion, gently in and out of the skin, improving patient comfort and reducing unnecessary bleeding
- Customized based on the area of the treatment
- Control patient comfort
- Target where it's needed most

# How Does RF Microneedling Work?



- Micro-needle penetration depth can be adjusted from 0.5 to 3.5mm based on treatment target areas for the treatment.
- Delivered RF energy is tightly focused at the edge/tip of the Micro-Needles, leading to less trauma to the surrounding epidermis.

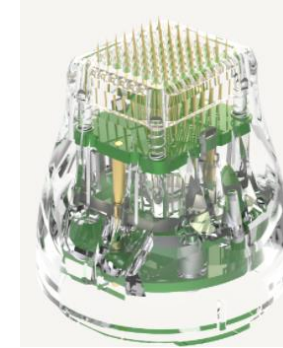
<sup>1</sup>Via hemostasis and coagulation.



# RF Microneedling Tips

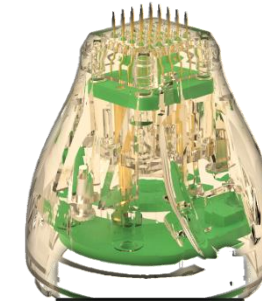
## 64 Pin Tip Semi-Insulated

- All Skin Types if treating  $>1.5$  mm depth
  - Deeper targets such as texture, scars, stretch marks<sup>1</sup>
- Skin Types I-III when treating  $<1$ mm depth
  - Shallow targets such as revitalization, brightness, photoaging<sup>1</sup>



## 25 Pin Tip Semi-Insulated

- All Skin Types
- Skin Types I-III
  - Deeper targets such as texture, scars, stretch marks<sup>1</sup>
- Skin Types IV-VI:
  - Shallow targets such as revitalization, brightness, photoaging<sup>1</sup>
  - Deeper targets such as texture, scars, stretch marks<sup>1</sup>



## 25 Pin Tip Non-Insulated

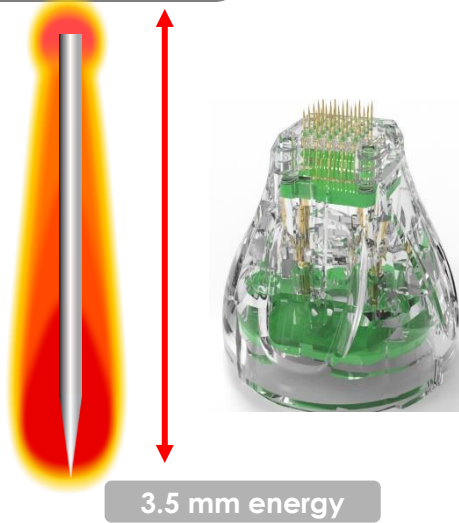
- Skin Types I-III only
- Shallow targets such as revitalization, brightness, photoaging<sup>1</sup>



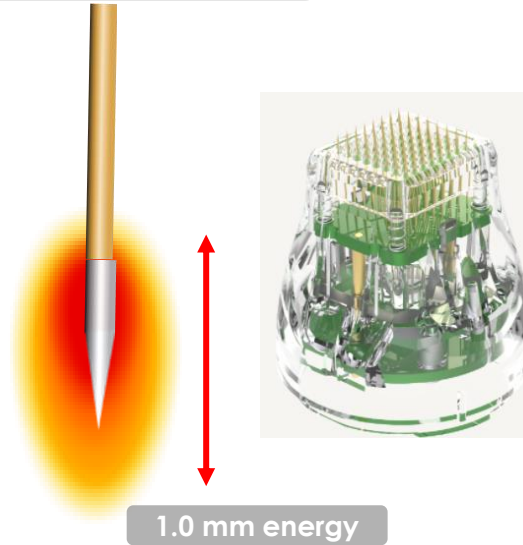
<sup>1</sup>Via hemostasis and coagulation.

# Energy Delivery by Tip Type

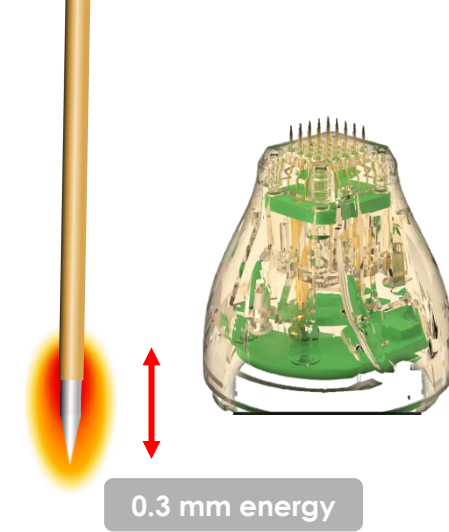
**25 Pin  
Non-Insulated**  
Energy = Entire Needle



**64 Pin  
Semi-Insulated**  
Energy = Bottom 1.0 mm of needle

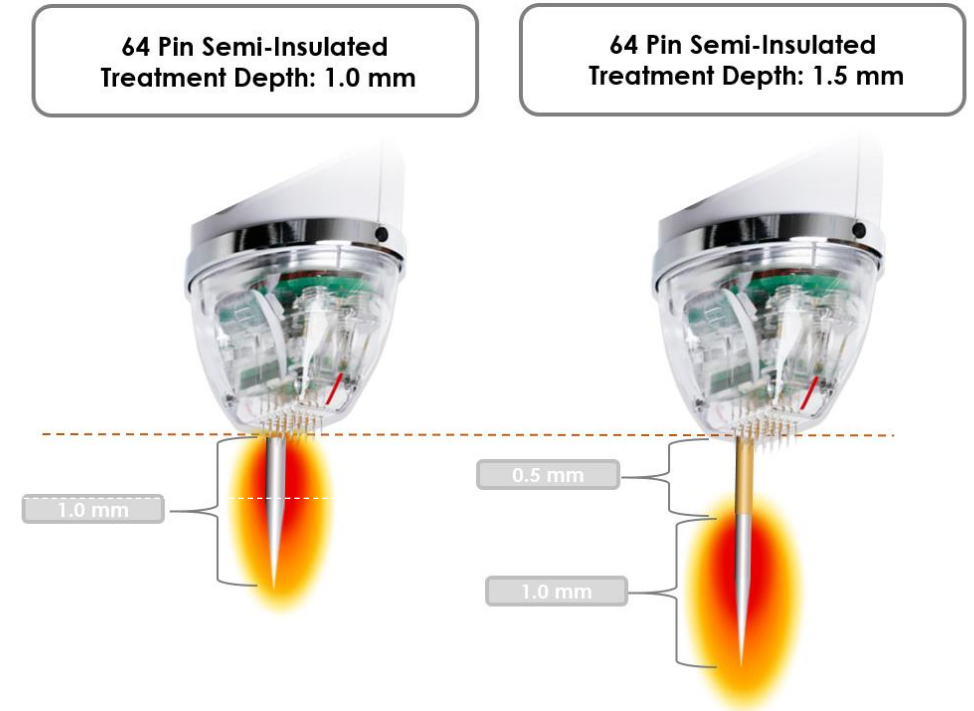


**25 Pin  
Semi-Insulated**  
Energy = Bottom 0.3 mm of needle



# Treatment Depth for 64 Pin Tip

- If treating with 64 pin tip at depths of 1.0 mm or less, needles will act as a non-insulated tip
- Treat with depths  $\geq 1.5$  mm when treating skin types IV-VI to prevent RF energy from affecting the epidermis and to help reduce risks of adverse effects



# RF Microneedling Tip packaging

- Note 3 different types of tips
  - NON-INSULATED 25 pin tip (Small, Clear tip)
  - SEMI-INSULATED 25 pin tip (Small, Gold tip)
  - SEMI-INSULATED 64 pin tip (Large, Clear tip)
- Ensure that correct tip is selected before opening package

**25-pin Non-Insulated**




**25-pin Semi-Insulated**



**64-pin Semi-Insulated**

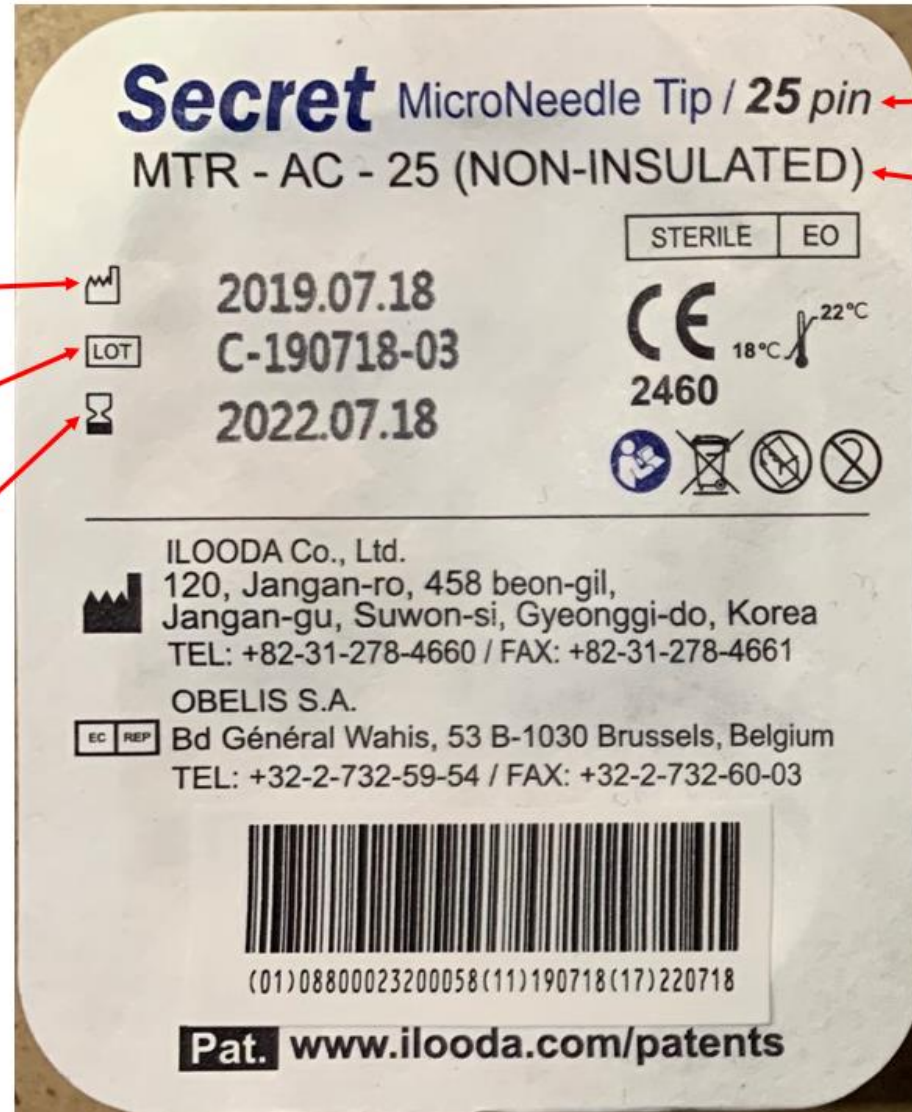


# Reading the RF Tip Label

 **Manufacture Date**  
*July 18, 2019*

 **Lot #**  
*C-190718-03*

 **Expiration Date**  
*July 18, 2022*



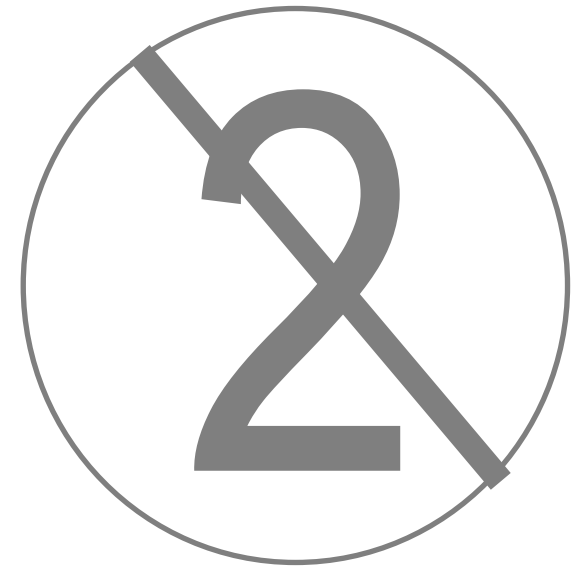
**RF Tip Type**  
# of Pins  
Non-Insulated or Semi-Insulated



# Single Use Only!

⚠️ Tips are SINGLE-USE only and can NOT be re-used

- Dispose of tips after each use



# Universal Precautions

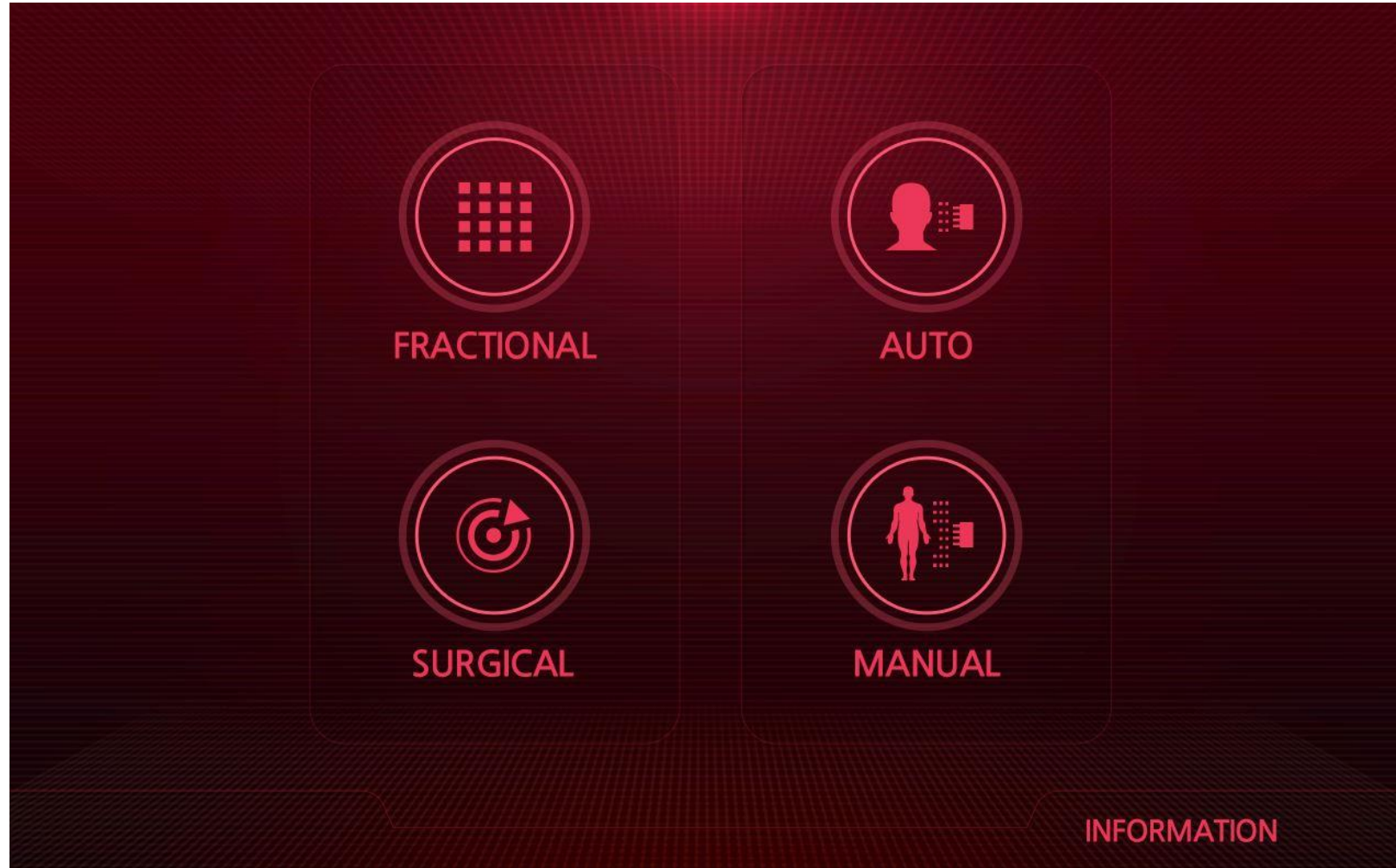
- When working with protruded needles, always use universal precautions including wearing gloves
- Hold handpiece with tip facing upward and away for safety
- Secret RF tips should be disposed of using standard biohazard procedures (i.e. sharps container)



# RF Microneedling Technical Specifications

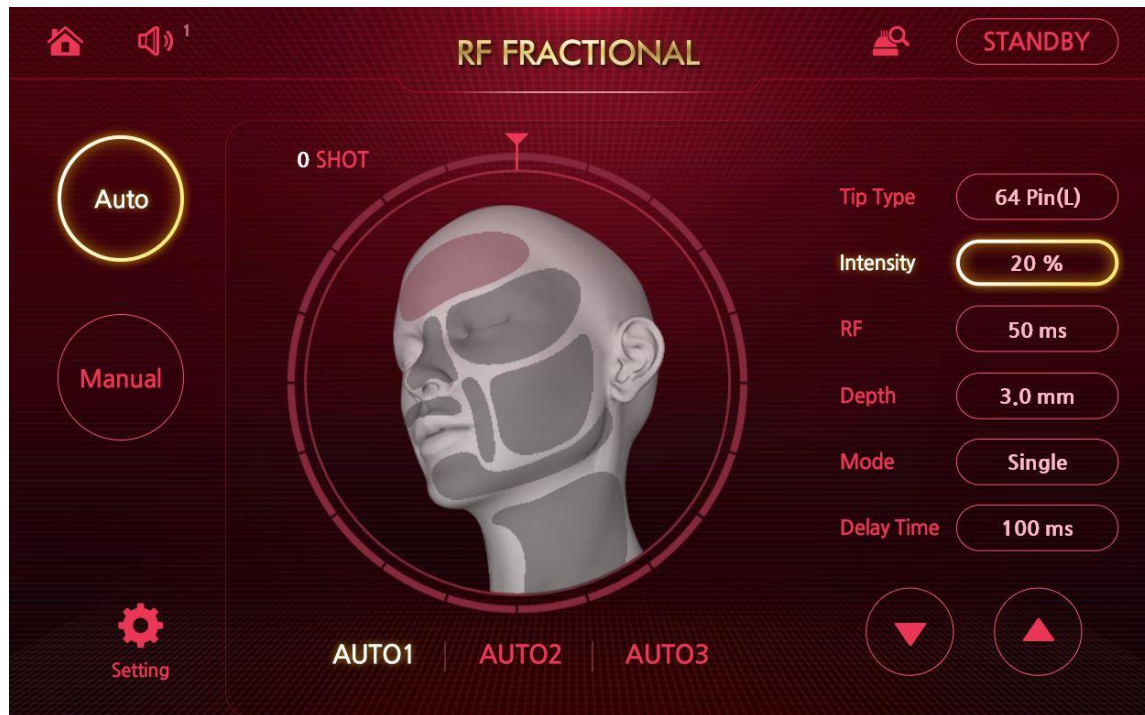
<b>RF Frequency</b>	2MHz $\pm$ 10%
<b>Treatment duration (RF Emission)</b>	50ms - 950ms
<b>Intensity</b>	0% - 100 %
<b>Treatment rows</b>	25 pin tip (5x5) 64 pin tip (8x8)
<b>Treatment area</b>	25 pin tip (10 mm x 10 mm), 64 pin tip (15 mm x 15 mm)
<b>Adjustable depth</b>	0.5 - 3.5mm
<b>Repetition</b>	0.5 / 0.8 / 1 / 2 Sec / Single

# User Interface / Startup Screen

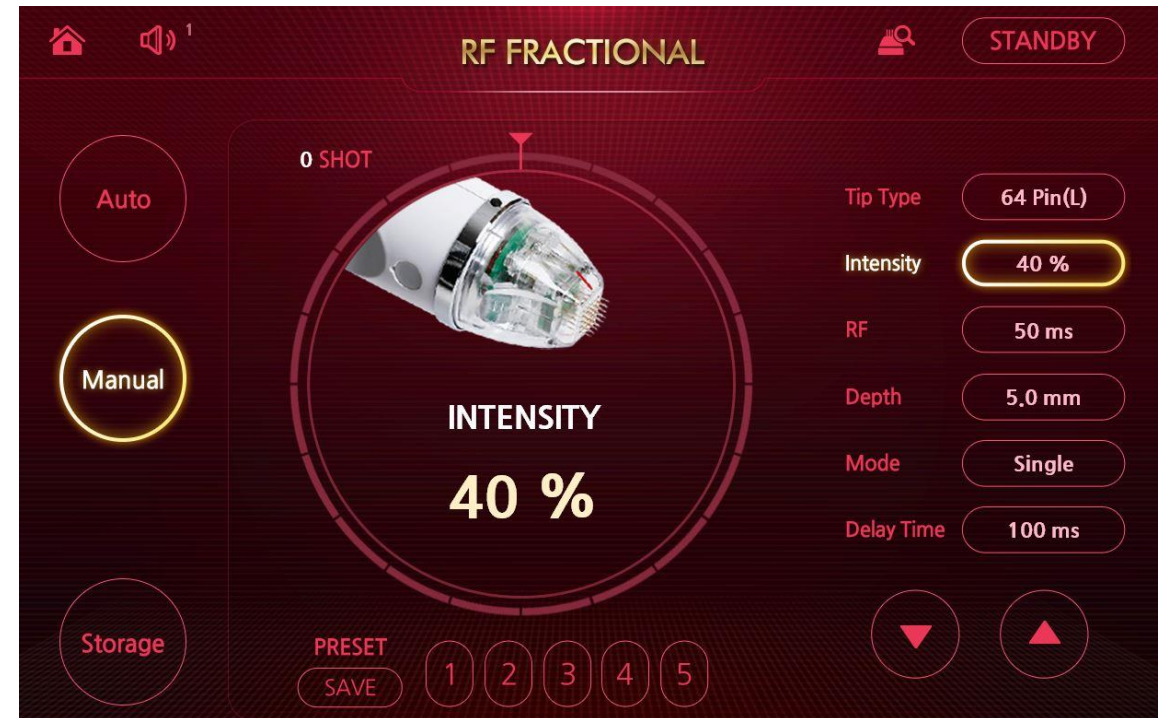


# User Interface

## Auto Mode



## Manual Mode





# User Interface

Shot Count is how many shots have been used on RF tip  
(Maximum 1,500 shots per tip)

Home Button / Volume Control

Clean/Inspect RF Tip (See next page for instructions)

Auto Mode  
Manual Mode

Storage Mode / Saved Presets  
(See User Manual for instructions)

Press Standby button to go into Ready Mode

Select Setting

Select Up/Down arrow to adjust

The screenshot shows a dark red user interface for 'RF FRACTIONAL'. At the top left are a home icon and a speaker icon. The top center displays 'RF FRACTIONAL' and '0 SHOT'. The top right has a 'STANDBY' button and a magnifying glass icon. The center features a large circular gauge for 'INTENSITY' set to '40 %' with an image of the RF tip. To the right is a settings menu with 'Tip Type' (64 Pin(L)), 'Intensity' (40 %), 'RF' (50 ms), 'Depth' (5.0 mm), 'Mode' (Single), and 'Delay Time' (100 ms). At the bottom left is a 'Storage' button, and at the bottom center are 'PRESET' and 'SAVE' buttons with five numbered buttons (1-5). Navigation arrows are at the bottom right.

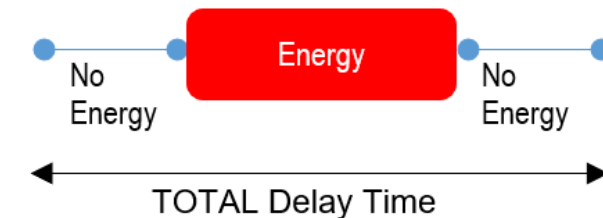
# Selecting Settings



- **TIP TYPE:** Type of tip attached to the handpiece.
  - ⚠ The user interface will not specify if the 25-Pin tip is Non-Insulated or Semi-Insulated. Operator should review labeling carefully on tip packaging before attaching tip to Secret RF handpiece.
- **INTENSITY:** Percentage of RF energy delivered with each pulse (0 – 100%).
  - Higher percentage (↑%) = more aggressive treatment
- **RF:** Amount of time the RF energy delivered, measured in milliseconds (ms).
  - Longer RF time (↑ms) = more aggressive treatment
- **DEPTH:** Needle penetration depth (0.5 – 3.5 mm) measured in millimeters (mm).
  - Typically, deeper treatments have longer downtime and are more aggressive
- **MODE:** The number of pulses with foot pedal depressed
- **DELAY TIME:** The amount of time between tip insertion and retraction (the total time that the needle is in the skin). Measured in milliseconds (ms).
  - Extending Delay Time to >100 ms than RF Time may reduce downtime
- **SHOT COUNT:** Number of pulses used on the tip. Maximum 1,500 pulses per tip.

Each tip is single use only.

⚠ **WARNING!** Each Secret RF tip is single use only and should be disposed of after each treatment



# Inspect RF Tip Needles

- Hold handpiece with tip facing upward and away for safety
- Select Inspection
  - Needles will protrude for 5 second and then retract back into RF tip
- Look to ensure that needles protrude and retract back into tip in a straight line
- If needles do not retract back into RF tip fully or if they extract at an angle, RF tip may be damaged
  - Throw away RF tip and replace with new RF tip

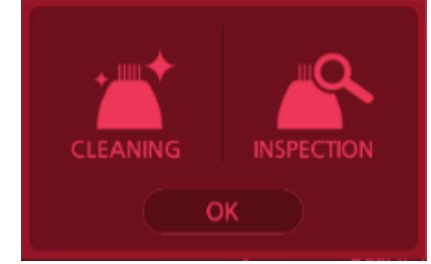


# “Sticky” Needles

- Needles may start to “stick” during treatment or you may notice debris on Secret RF tip
- Potential causes of “sticky needles”
  - Hand piece is lifted prior to the needles being fully extracted from skin
  - Hand piece is NOT perpendicular
  - More likely with non-insulated tips or when using 64 pin semi-insulated tip at depths  $\leq 1$ mm



# Cleaning the RF Tips



- Wipe the tip (with the needles still inside) of any excess blood or secretions with an alcohol swab
- Hold handpiece with tip facing upward and away for safety
- Select “Cleaning/Inspect” Icon at top of screen
- Select “Cleaning” and needles will protrude from tip
- Select “Cleaning” again and the needles will retract back into tip
- ONLY when needles are retracted into tip, wipe tip of any excess blood or secretions
- Repeat process as necessary
- NEVER attempt to clean the actual needles
- Select “OK” to go back to user interface
- *When working with protruded needles, always use universal precautions*



# Cleaning Tips Movie



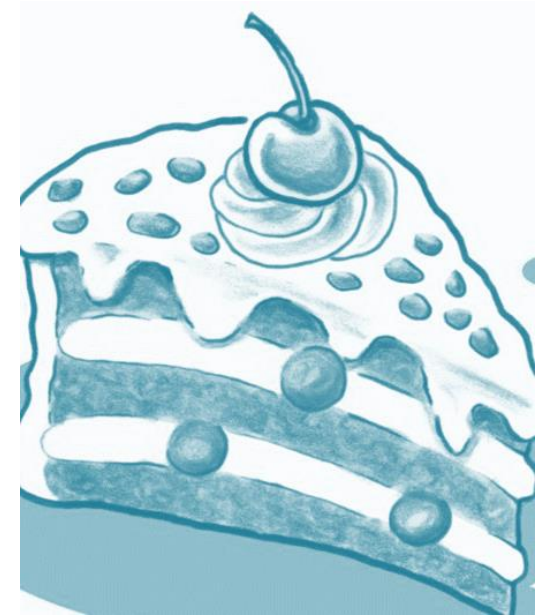
*Secret RF tips may need to be cleaned or inspected during treatment if needles start to “stick” during deeper tissue treatments or if there is debris buildup.*

# Treatment Parameters

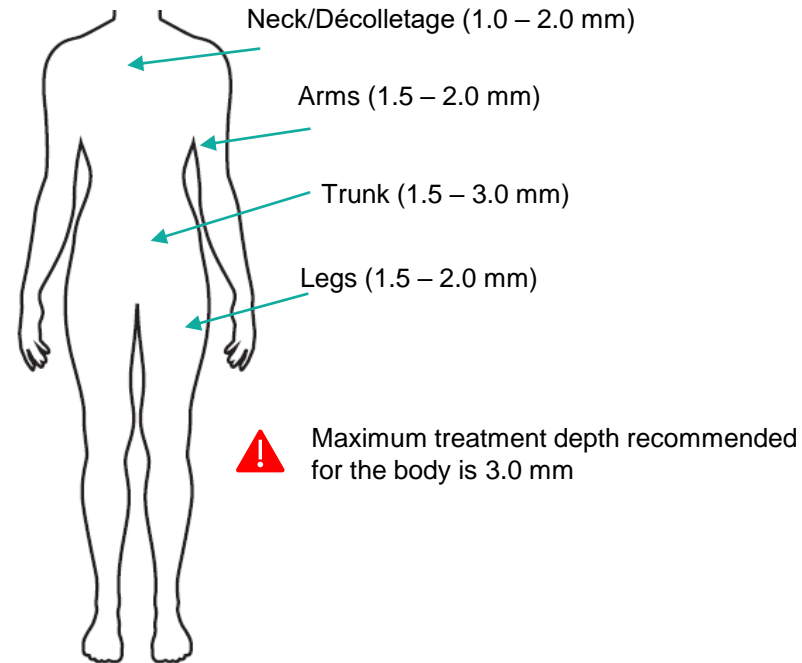
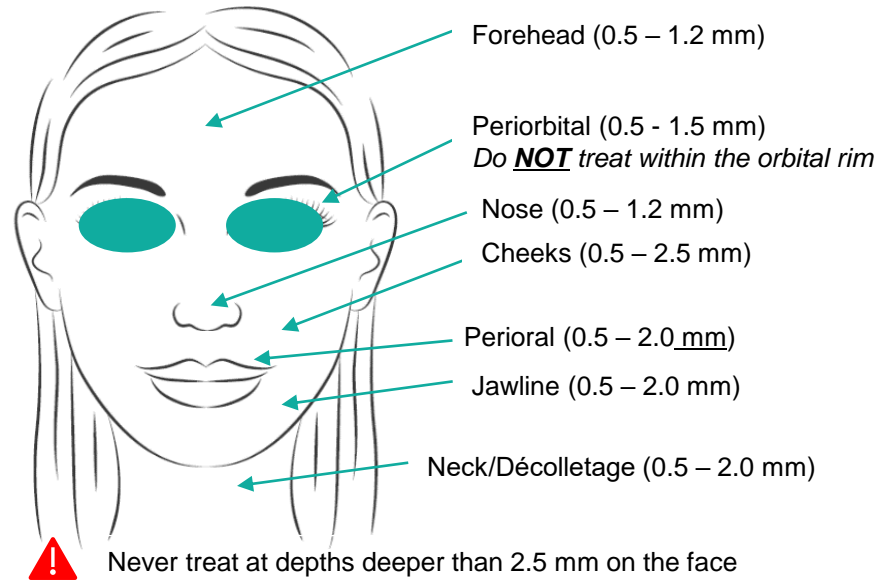
- Treatment parameters are provided as a guide only and are based on practitioner feedback. Start with conservative settings and observe tissue interaction and clinical endpoints to determine appropriate settings. Adjust settings based on tissue response.
- Refer to the Secret PRO Treatment Guidelines for specific setting recommendations.

# Treat the face in “layers”

- Think of skin as a “layer cake”
- What are you treating & what layer is it (superficial or deep)?
- If looking to improve only texture, especially in younger patients then treat at superficial depths only
- If looking to improve deeper targets (with or without texture issues), such as scars or stretch marks, then treat at deeper depths
- When treating deeper targets with texture, consider focused 3<sup>rd</sup> pass at shallower depths to address the texture
  - Example: 50yo patient with deeper and shallower targets on cheeks:
    - cheeks: 2.5mm / 1.5mm / 0.5mm



# Recommended Treatment Parameters



Depth to RF Time	
Depth (mm)	RF Time (ms)
3.0 mm	300 ms
2.5 mm	250 ms
2.0 mm	200 ms
1.5 mm	150 ms
1.2 mm	120 ms
1.0 mm	100 ms
0.7 mm	70 ms
0.5 mm	50 ms

*Refer to the Secret PRO Treatment Guidelines for specific Treatment Parameters*

# Revitalization, Brightness, Photoaging<sup>1</sup>

Skin Type	Microneedle Tip Type
I – III	25 Pin Non-Insulated or 64 Pin Semi Insulated
IV – VI	25 Pin Semi-Insulated

- Use only the 25-pin semi-insulated tip for skin types IV-VI due to the 1mm of RF energy emitted from the 64-pin tip.
- 64-Pin Semi-Insulated tip treatments at depths  $\leq 1$ mm will create a non-insulated treatment due to the 1mm of RF energy emitted from the 64-pin tip.
  - 64-Pin Semi-Insulated tip only recommended for Skin Types I-III due to risks of adverse events on darker skin types.



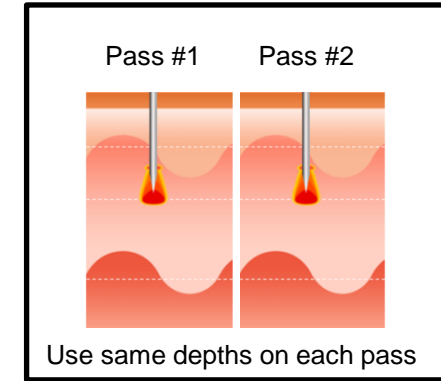
*Higher intensity, deeper depths, longer RF time and/or more passes are more aggressive treatments and can lead to longer downtime.*

<sup>1</sup>Via hemostasis and coagulation



# Revitalization, Brightness, Photoaging<sup>1</sup>

- Use same depths for each pass (usually superficial depth such as 0.5mm or 1mm)
- Skin Types IV – VI
  - Only 25 pin semi-insulated tip for Skin Types IV-VI recommended to avoid epidermal damage
    - 25 pin semi-insulated tip is recommended because energy is emitted at distal 0.3 mm
    - Do not use the 64 pin semi-insulated tip since energy is emitted from distal 1mm therefore it is NOT recommended at superficial depths for skin types IV-VI
  - Darker skin types are at higher risks for longer downtime, pigmentary changes and persistent grid pattern
- Skin Types I-III
  - 25 pin non insulated or 64 pin semi-insulated tips
  - May increase intensity 10% for each subsequent treatment

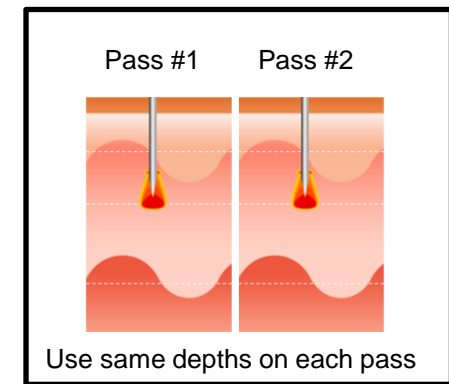


<sup>1</sup>Via hemostasis and coagulation

# Treatment Notes

## Revitalization, Brightness, Photoaging<sup>1</sup>

- *Persistent Grid Pattern may occur with some treatments*
  - May occur with:
    - Higher intensity treatments
    - 25-Pin non-insulated treatments
    - 64-Pin semi-insulated treatments at depths of  $\leq 1.0$  mm
    - If the handpiece is lifted before the needles are completely retracted back into the handpiece
  - 24 hours after treatment, patient may apply the following until grid pattern resolves
    - Healing ointment
    - Moisturizer (optional: combine with hydrocortisone cream)
    - Aquaphor (optional: combine with hydrocortisone cream)
      - Can cause any milia/acne to worsen
  - Typically resolves within a week for treatments on the face



<sup>1</sup>Via hemostasis and coagulation

# Texture, Scars, Stretch Marks<sup>1</sup>

Skin Type	Microneedle Tip Type
I – IV	25 Pin Semi-Insulated or 64 Pin Semi Insulated

- 25-Pin semi-insulated tip recommended for face treatments since will be treated at shallower depths
- Larger 64-Pin semi-insulated tip recommended for large treatment areas such as the body
- Treating Skin Types IV-VI
  - 25 Pin Semi-Insulated Tip: treat at any depth
  - 64 Pin Semi-Insulated Tip: treat at 1.5mm or deeper to help prevent epidermal injury



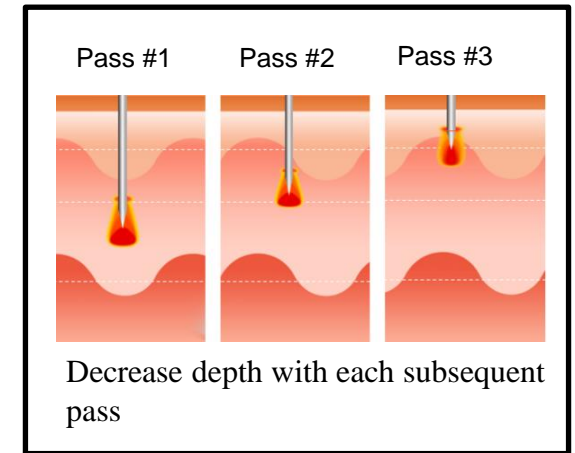
*Higher intensity, deeper depths, longer RF time and/or more passes are more aggressive treatments and can lead to longer downtime.*

<sup>1</sup>Via hemostasis and coagulation

# Treatment Notes

## Texture, Scars, Stretch Marks<sup>1</sup>

- Treat deepest layer first, decrease depth by 0.5mm or 1.0mm with each subsequent pass
- 64-Pin tip may be used on face or body
  - Must treat at 1.5mm or deeper for skin types IV-VI to avoid epidermal injury
- Intensity
  - 64pin: first treatment use 30% intensity
  - 25pin semi-insulated: first treatment use 30-40% intensity
  - increase intensity on subsequent treatments if no previous adverse reactions
  - Only treat up to 50% intensity with the 64-pin tip
  - ***Higher intensity leads to increased risk of Adverse Reactions***
    - ***More aggressive settings are NOT better***

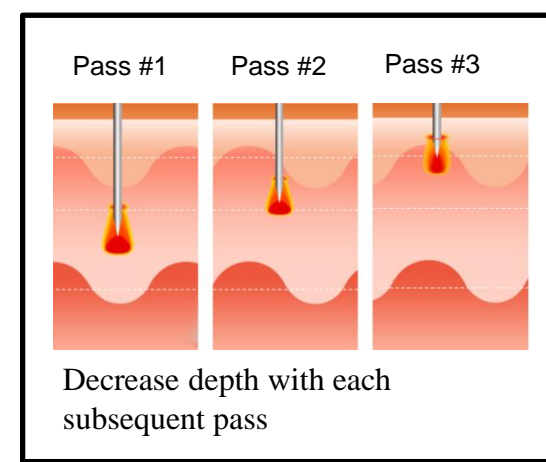


<sup>1</sup>Via hemostasis and coagulation

# Treatment Notes

Texture, Scars, Stretch Marks<sup>1</sup>

- Skin Types IV – VI
  - Treat at depths of 1.5 mm or greater when using 64 Pin Semi-Insulated tips
  - Must treat at 1.5mm or deeper for skin types IV-VI to avoid epidermal injury
  - Use lower intensity to help reduce risk of adverse effects
- Face Treatments (shallower depths)
  - 25-Pin Semi-Insulated tip recommended for skin types IV-VI
  - Do not perform a 3rd pass on thinned skinned areas such as forehead, periorbital or nose



<sup>1</sup>Via hemostasis and coagulation

# Treatment Notes

## Texture, Scars, Stretch Marks<sup>1</sup>

- Persistent Grid Pattern may occur with some treatments
  - May occur with:
    - Higher intensity treatments
    - 64-Pin semi-insulated treatments at depths of <1.0 mm
    - Treatments on the body
    - If the handpiece is lifted before the needles are completely retracted back into the handpiece
  - 24 hours after treatment, patient may apply the following until grid pattern resolves
    - Healing ointment
    - Moisturizer (optional: combine with hydrocortisone cream)
    - Aquaphor (optional: combine with hydrocortisone cream)
      - Can cause any milia/acne to worsen
- Typically resolves within a week for treatments on the face
- Typically resolves within a few weeks for treatments on the body

<sup>1</sup>Via hemostasis and coagulation

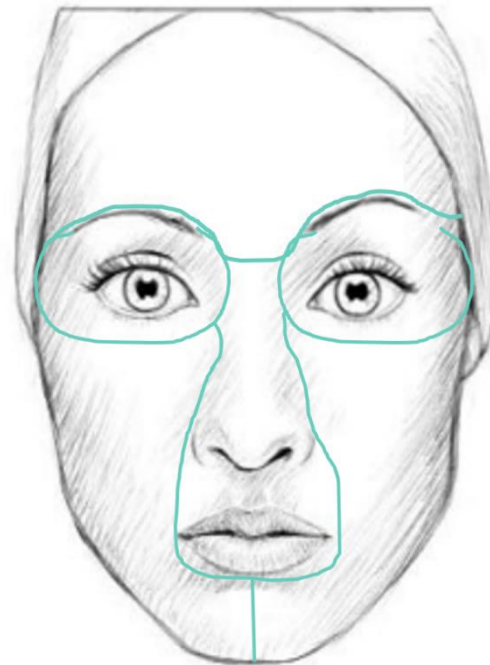


# Patient Comfort

- Prescription strength compounded topical anesthetic is recommended
  - CAUTION: Toxicity may result from overuse, consult the product labeling for any anesthetic used

# Treatment Steps

- **Remove** topical anesthetic
- **Wash** treatment area with soap and water
- **Wipe** with isopropyl alcohol
- Treat face in sections
  - 1<sup>st</sup> Cheek/Jawline
  - 2<sup>nd</sup> Cheek/Jawline
  - Forehead
  - Periorbital
  - Perioral/Nasal

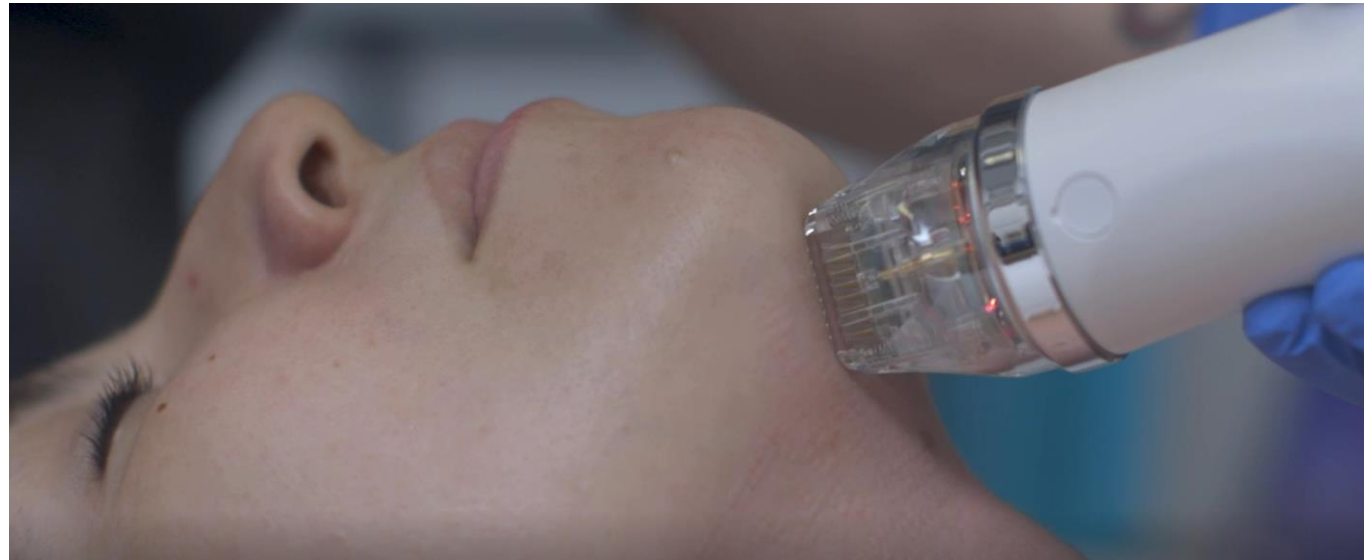


# Test Pulses

- Perform test pulses in the treatment area
  - Test Spots should be performed on each general treatment area (face, body) and prior to each treatment
  - Perform a test spot for each of the recommended intensity settings
  - Wait 3-5 minutes to observe clinical endpoint
  - Correct endpoint is mild to moderate erythema and with edema around each spot
  - Adjust Intensity depending on clinical endpoint and patient comfort
    - Higher Intensity = More Aggressive
    - Lower Intensity = Less Aggressive
  - RF time can also be adjusted if necessary
    - Longer RF time = More Aggressive
    - Shorter RF time = Less Aggressive
- Subsequent treatment can use more aggressive settings if the previous treatments didn't provide optimal results
- If patient displays an urticaric response to treatment (localized rash with or without redness and/or itching), an antihistamine can be administered and/or hydrocortisone can be applied. Symptoms should resolve within a few days.

# Treatment Technique

- Place handpiece perpendicular to skin and pulse
  - Handpiece must keep contact with the skin during the entire pulse
  - Do NOT glide handpiece against skin in between pulses
  - Lift handpiece and place in next treatment area and pulse
- ⚠ Ensure that handpiece is lifted only AFTER the needles have completed retracted back into the tip



# Caution!

- Ensure that the needles are ***completely retracted*** back into the tip prior to moving tip to next treatment location
- Failure to wait until the tips are completely retracted into the tip before moving can result in extended downtime and increased risks of side effects
- RF tip must keep contact with the skin during the entire pulse
- The audible tone is NOT an indicator of when the pulse is completed
  - The audible tone sounds only when the RF is being emitted and is not on during entire pulse

# Treating Over Wrinkles, Stretch Marks or Lax Skin

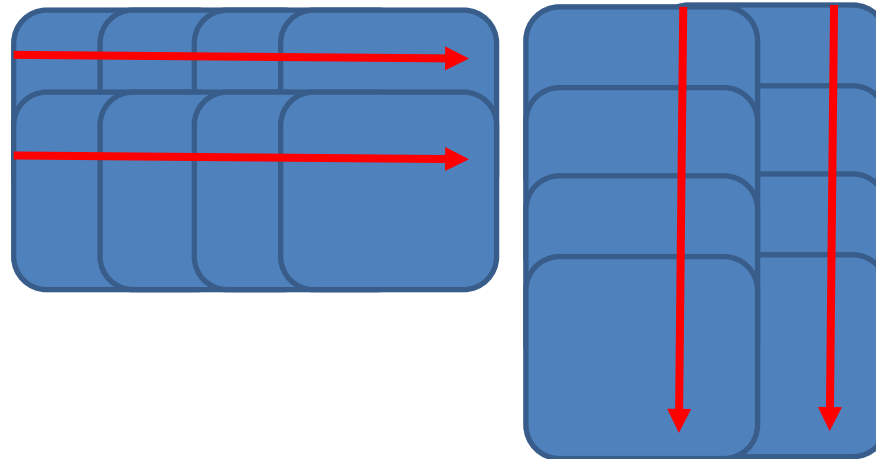
- If treating over wrinkles, stretch marks or lax skin, hold the skin taut





# Pulse Overlap

- Place passes with approximately 50% overlap of pulses
- Multiple passes should be completed per area before moving to next treatment



# Treatment Steps Review

- Completely remove topical anesthetic, clean treatment area with soap and water and then wipe with isopropyl alcohol
- Place tip perpendicular to the skin and use firm pressure during each pulse
- Keep handpiece in contact with skin during **entire pulse**
- Ensure that the needles are completely retracted back into the tip prior to moving tip to next treatment location
  - ⚠ Failure to wait until the tips are completely retracted into the tip before moving can result in extended downtime and increased risks of side effects
- Lift and place handpiece, never glide handpiece
- Pulse Overlap by 50%
- Some pinpoint bleeding is possible
- *When working with protruded needles, always use universal precautions*

# Treatment Video



Place handpiece perpendicular to skin and pulse.  
Place passes with approximately 50% overlap of pulses.

# Treatment Endpoint

- Correct endpoint is mild to moderate erythema and with edema around each spot
- Bony areas of treatment may have pinpoint bleeding



**Pre-Treatment**

**Immediate Post Treatment**

Picture courtesy of Cutera Research Clinic.  
25 pin non-insulated tip. ONE PASS

# Treatment Protocol

- Treatment Interval
  - Space treatments 4 – 6 weeks apart
- Number of Treatments
  - Patients typically receive 3 – 4 treatments
  - Scars & Stretch Marks<sup>1</sup> – More than 4 treatments if desired and continued improvement is seen

<sup>1</sup>Via hemostasis and coagulation

# Clinical Pearls

- “More isn’t better” – meaning aggressive settings (high intensity & additional passes) do not result in better outcomes but DO have higher incidence of adverse events
- Aquaphor at bedtime starting day AFTER treatment speeds healing & can reduce the incidents of unwanted side effects with more aggressive treatments
  - Do NOT apply Aquaphor immediately after treatment
  - Aquaphor may cause milia



# Post Treatment Care

- Immediately post-treatment, apply gauze soaked in isotonic saline solution to the treatment area for 5-15 minutes
- After saline solution soak, apply a post-procedure product if desired (Aquaphor is not recommended immediately post-treatment)
- If patient displays an urticaric response to treatment (localized rash with or without redness and/or itching), an antihistamine can be administered and/or hydrocortisone can be applied
  - Symptoms should resolve within a few days
- Higher Intensity, deeper depths or multiple passes may produce prolonged erythema, edema and/or grid pattern in the treatment area
- If persistent grid pattern appears, wait at least 24 hours to begin post-healing ointment regimen
  - Some practitioners apply Aquaphor or a moisturizer (with or without hydrocortisone cream) or alternate healing ointment daily until grid pattern resolves
  - Note: Aquaphor can worsen existing acne
- Some practitioners have reported grid patterns lasting 1+ month post-treatment for treatments on body

# Patient's Post Treatment Instructions

- Wait at least 4 hours before washing face or applying soap, cream or makeup to the treatment area
- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage
- Avoid heat – hot tubs, saunas, etc. for 1-2 days
- Avoid skin irritants (examples below) a few days before and after treatment
  - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, vitamin C/ascorbic acid, astringents, etc.
- Bruising, redness and swelling may occur and resolve with time
  - More aggressive treatments or use of irritants in the days prior to or after treatment can lead to longer downtime
- Notify clinic of any concerns (blistering, excessive redness/swelling, persistent grid marks, etc.)

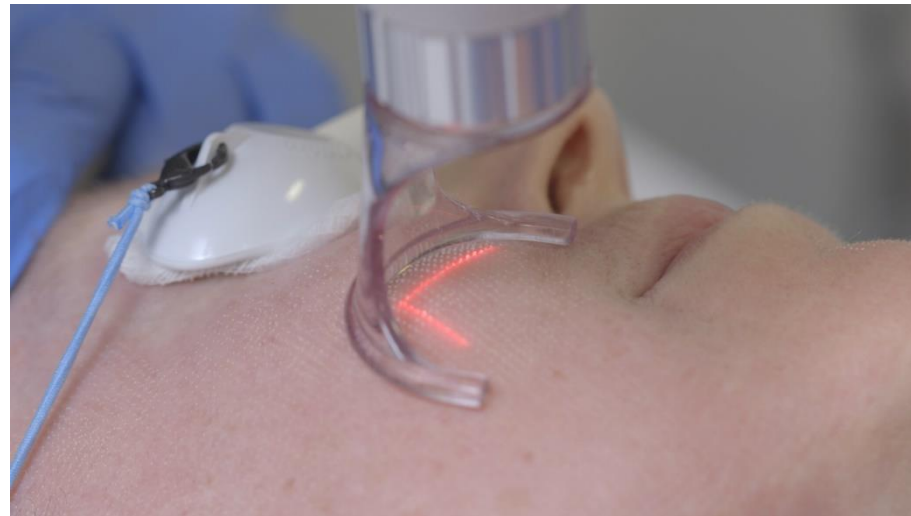


## CO<sub>2</sub> Fractionated Laser

- Secret PRO Ultra-Lite
- Secret PRO Ultra
- Secret PRO Revive

# CO<sub>2</sub> Fractionated Laser

- Delivers uniform and stable beam quality
- Superior ablative thermal effect induces resurfacing of the epidermis and regeneration of the dermis
- Optimum beam size of 100 micrometers minimizes downtime



# Fractionated CO<sub>2</sub> Technical Specifications

<b>Wavelength</b>	10,600 nm
<b>Laser power</b>	Up to 30W (Up to 175mJ)
<b>Pulse duration</b>	20 - 5,000 us
<b>I-Stack</b>	1 - 10 <sup>th</sup>
<b>Dot size</b>	≥100 micron
<b>Distance</b>	0.1 mm - 2.0 mm
<b>Treatment area</b>	1x1 mm - 20x20 mm
<b>Dot quantity</b>	Up to 40,401
<b>Repetition Rate</b>	0.2 / 0.5 / 0.7 / 1.0 / 1.5 / 2 Sec / Single



# CO<sub>2</sub> FRACTIONAL

STANDBY

Energy

15.0mJ 500us

Repeat

Single

i-Stack

2 nd

Distance

1.5 mm

Scanning

RANDOM

Shape



▲

15.0mJ

500us

▼

196 dot  
0.38 %

20 x 20

PRESET

SAVE

1 2 3 4 5

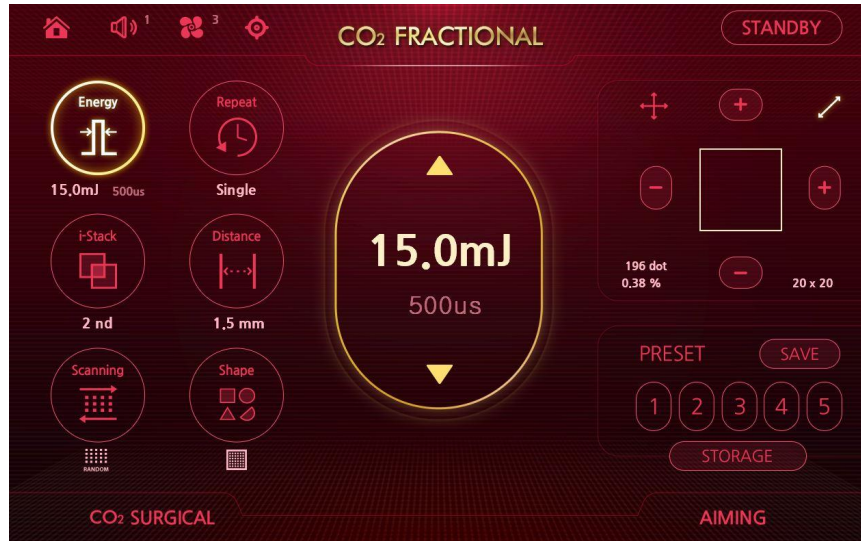
STORAGE

CO<sub>2</sub> SURGICAL

AIMING



# Treatment Settings



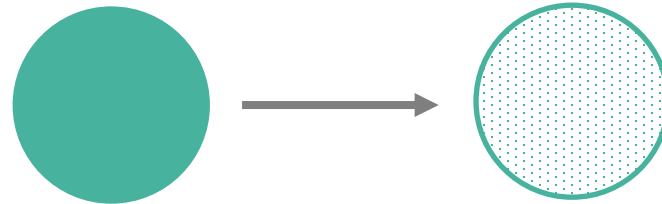
Press individual setting to select. Current setting will be displayed in center window. Press Up/Down arrows to adjust.

- **Energy:** fluence measured in millijoules (mJ)
- **I-Stack:** Number of times energy will be delivered per microspot within a single pulse
- **Scanning:** Scan pattern of pulse
- **Repeat:** Delay of time between pulses when foot pedal is depressed.
- **Distance:** Distance between each dot measured in millimeters (mm)
  - Density of treatment area
- **Shape:** Shape of treatment pattern
  - Available shapes are square, half-circle, circle and triangle

# Energy



- Fractionated lasers fractionate/break up the laser energy into hundreds or thousands of tiny beams to treat only a fraction of the skin in the treatment area



- Millijoules is used with fractionated lasers since smaller treatment areas require a smaller amount of energy
  - 1 Millijoule = 0.001 Joules
  - 1 Joule = 1,000 mJ
- Fractionated beams help to protect surrounding skin
- Higher energies will increase depth of penetration but will also increase downtime and risk of side effects

# Repeat Mode



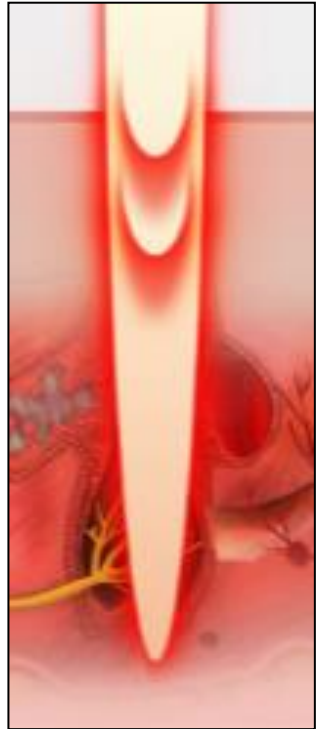
- Delay of time between pulses when foot pedal is depressed.
  - Single Pulse
  - Pulse every 0.2 seconds
  - Pulse every 0.5 seconds
  - Pulse every 0.7 seconds
  - Pulse every 1.0 seconds
  - Pulse every 1.5 seconds
  - Pulse every 2.0 seconds



**Warning!** There is no audible cue after each pulse. Visual cue of treatment shape only.

# I-Stack

- Delivers multiple bursts during a single pulse
- I-Stacking will increase heat and depth to treatment area with minimal energy seeping into the surrounding tissue



# Distance

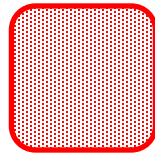
- Distance between each dot measured in millimeters (mm)



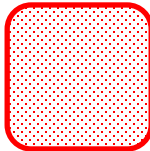
Decreasing Distance (mm) makes treatment more aggressive

- Example: 0.4 mm is *more* aggressive than 1.5 mm

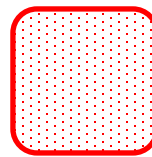
Examples: Not to scale



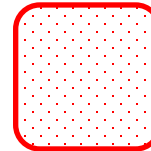
0.4 mm



0.8 mm



1.0 mm

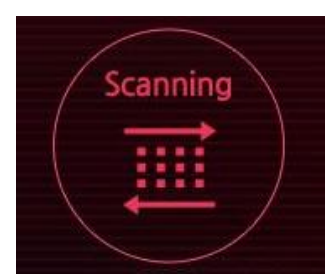


1.5 mm

- Select Distance (distance between dots)
- Distance selection will automatically display the following:
  - Number of dots in treatment area
  - Percentage density (%) of treatment area



# Scanning



- Adjust Scan Patterns according to patient comfort



Random Pattern is a slower and randomized Scan Pattern.



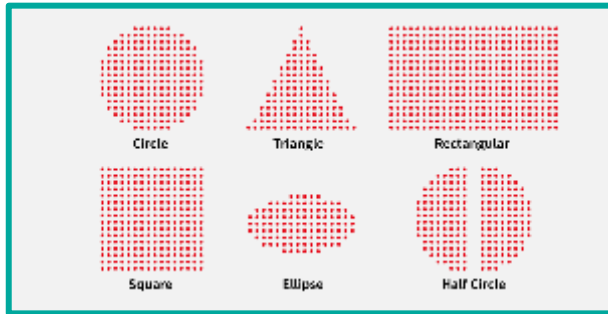
**WARNING! CONTINUOUS ENERGY DELIVERY.** *Scatter Pattern will not stop delivering energy until the operator removes their foot from the foot pedal.* Scatter Pattern should only be used by experienced practitioners. Can be used to feather the edges of the treatment area to help reduce the appearance of the line of demarcation.



# Shape



- Customize scan shapes and sizes of treatment area

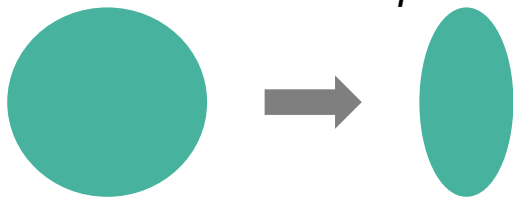


Select to adjust shape and length and width separately. For instance to change circle to oval or square to rectangle.



Select to adjust shape size while still keeping same ratio. For instance change large square to small square.

*Circle to Oval Example*



*Large to Small Square Example*



# Adjusting Parameters

**ENERGY**

More Aggressive  
↕  
Less Aggressive

**DISTANCE**

Less Aggressive  
↕  
More Aggressive

**I-STACK**

More Aggressive  
↕  
Less Aggressive

**# OF PASSES**

More Aggressive  
↕  
Less Aggressive

# Treatment Parameters

- Treatment parameters are provided as a guide only and are based on practitioner feedback. Start with conservative settings and observe tissue interaction and clinical endpoints to determine appropriate settings. Adjust settings based on tissue response.
- Refer to the Secret PRO Treatment Guidelines for specific setting recommendations.

# Ultra-lite & Ultra Treatment Warnings



**Recommended treatment parameters are for Skin Type I – III only unless otherwise indicated.** Treatment settings have not been developed for skin types V-VI. Treatments for skin types V-VI are not recommended due to increased risks of adverse effects.



**Recommended treatment parameters are for face treatments only unless otherwise indicated.** Treatments off the face (below the jawline) may have an increased risk of unwanted side effects as the skin may be thinner and does not heal as well.

# Secret PRO Revive

## *Combining CO<sub>2</sub> Fractional with RF Microneedling in same treatment*

### Treatment Protocol



**Important:** Review all treatment instructions, warnings and precautions for both handpieces prior to combination treatment

- Treat with RF Microneedling handpiece (semi-insulated tip) first followed immediately by CO<sub>2</sub> Fractionated handpiece in the same treatment
- Typically, 1 combination treatment is recommended followed by additional RF microneedling treatments if needed
- Perform all post-treatment care only after treating with both handpieces
- Downtime may be longer due to more aggressive, combination treatment

# Patient Comfort

- Prescription strength compounded topical anesthetic is recommended
  - CAUTION: Toxicity may result from overuse, consult the product labeling for any anesthetic used



# Safety Eyewear

- Safety eyewear appropriate for 10,600 nm must be worn by ALL people in treatment room
- Check the wavelength and optical density (10,600 nm and OD  $\geq$ 5) marked on all operator goggles
- Apply wet gauze over the eyes when using patient eye shields
  - CAUTION: According to ANSI Standard, patient eye shields may increase in heat and burn the patient if a protective layer of gauze is not used



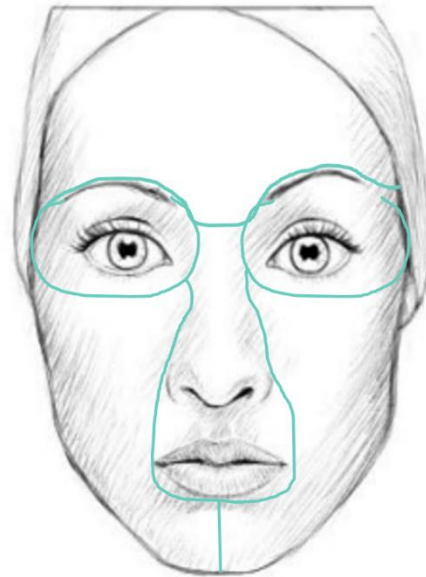
# Laser Plume

- Laser treatments can produce laser generated airborne contaminants (laser plume)
- Use of a smoke evacuator and a laser plume masks (filtered to 0.1 microns) during Secret PRO CO<sub>2</sub> Fractionated Laser treatments is recommended
- Smoke evacuator and stand are available for purchase from the MyCutera.com Online Store



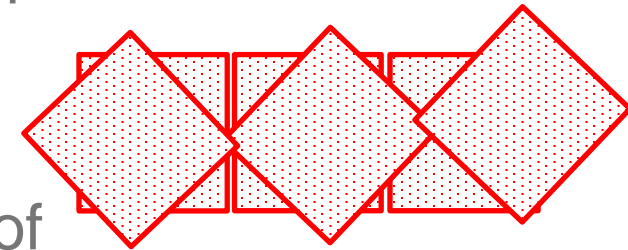
# Treatment Steps

- **Remove** topical anesthetic
- **Wash** treatment area with soap and water
- **Wipe** with isopropyl alcohol
- Treat face in sections
  - Forehead
  - Periorbital
  - 1<sup>st</sup> Cheek/Jawline
  - 2<sup>nd</sup> Cheek/Jawline
  - Perioral/Nasal



# Treatment Steps

- Ensure that handpiece has complete contact with skin during each pulse
- Place each pulse adjacent to one another
- Treatment shapes can be adjusted and resized according to treatment area (e.g. on the nose, under the eyes, etc.)
- If treating over wrinkles, stretch marks or lax skin, hold the skin taut
- If treating with more than one pass, rotate handpiece 45 degrees for subsequent passes to help minimize appearance of grid marks
  - Do not wipe between passes
- Complete all passes before moving to next treatment area



# Scatter Pattern

- **Warning** – recommended for experienced practitioners only
  - Scatter Pattern will not stop delivering energy until the operator removes their foot from the foot pedal
- Feather edges of demarcation line
- Hold handpiece 1mm or less over the skin and glide handpiece smoothly back and forth over treatment area
- One pass only

# Endpoint

- Slight frosting of the treatment grid with each pulse
- Mild to moderate erythema
- Pinpoint bleeding will appear with more aggressive treatments



Example: Ultra-lite treatment endpoint



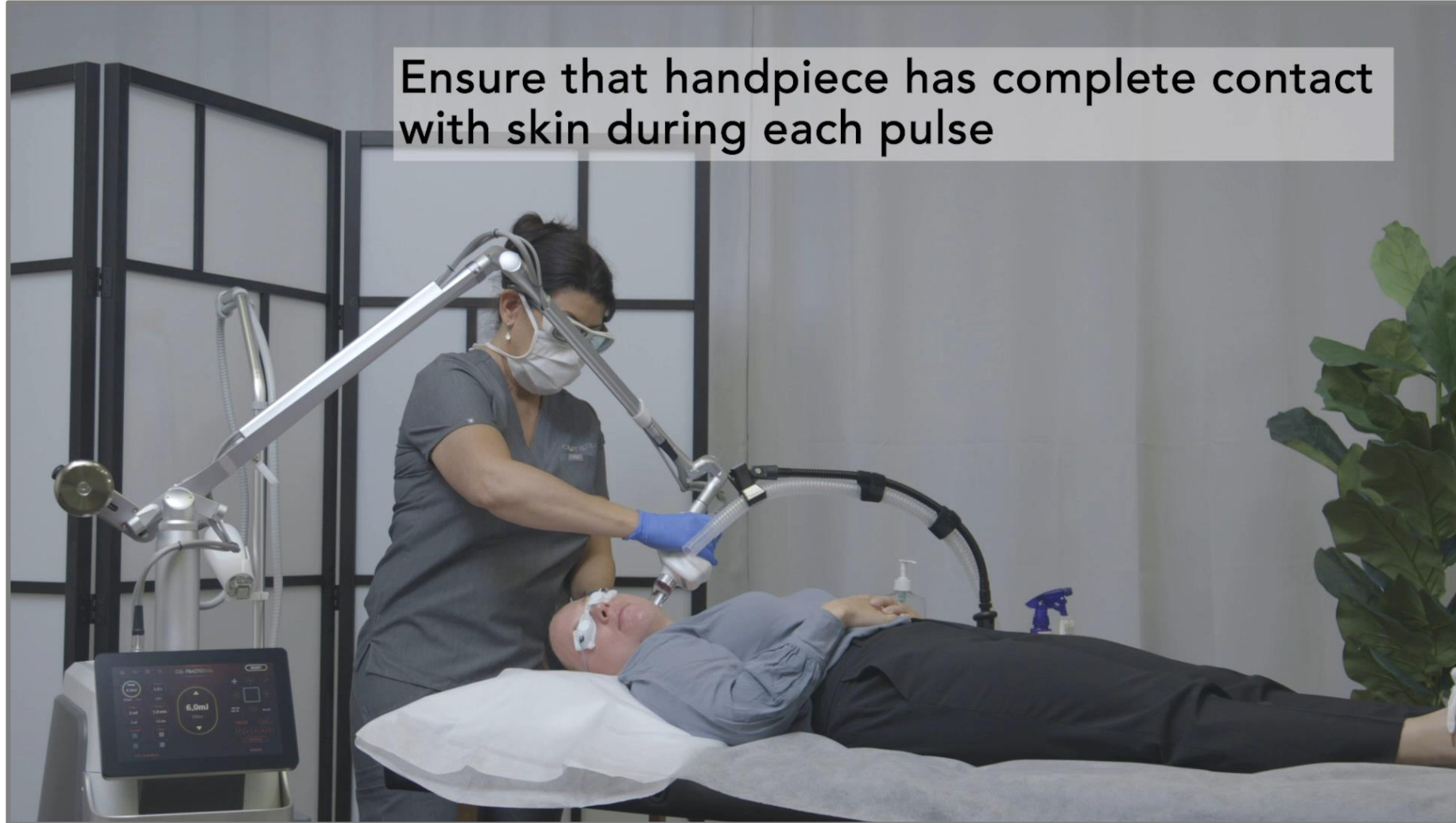
Example: Revive treatment endpoint



# Treatment Video



Ensure that handpiece has complete contact with skin during each pulse



# Post-Treatment Patient Care

- Immediately post-treatment apply a layer of gauze soaked with isotonic saline solution as a cooling mask for a minimum of 5 minutes
  - Refrigerate isotonic saline solution for increased patient comfort
- Apply a post laser cream/ointment after saline soak
  - Optional to also apply a mineral sunscreen for added sun protection
- Over-the-counter pain medication and/or cold compress is recommended if patient experiences minor pain/discomfort post-treatment
- Advise patient to apply post laser cream/ointment as needed until crusting resolves

# Downtime

- Downtime may be extended with more aggressive settings or off-the-face treatments
- Patients should not wear facemasks while they are still experiencing pinpoint bleeding or crusting/peeling

A teal-tinted photograph of a person's face and hands, with the text "Secret PRO Clinical Support" overlaid in white. The person is looking directly at the camera, and their hands are resting near their face and neck. The background is a solid teal color.

# Secret PRO Clinical Support

# Clinical Support

- Cutera provides complimentary phone and email clinical support for Cutera customers.
- Cutera clinical staff cannot dispense medical advice or diagnose, but can provide guidance on appropriate patient selection, parameter choices and treatment technique.
- Patients will be referred to their treating practitioner.
  - US/Canada: 1-888-4CUTERA (1-888-428-8372)
  - Worldwide: +1-415-657-5500
  - [clinicalsupport@cutera.com](mailto:clinicalsupport@cutera.com)

# Clinical Tools Available on MyCutera.com

- Clinical Resources

- Office & Consult Materials
- Patient Treatment Forms
  - Consent Forms
  - Before & After Treatment Instructions
  - Patient Treatment Forms
- Treatment Guidelines, Tutorial Videos & Operator Manuals
  - Download Treatment Guidelines
  - Watch Tutorial/Treatment Videos
  - Download Operator Manuals
- White Papers/Bulletins
- Purchase Clinical Training
  - Purchase Virtual Training
  - Purchase Onsite Training

**Check Back Regularly for Updates!**

The screenshot displays the MyCutera.com website. At the top, the MyCUTERA logo is on the left, and navigation links for Home, Visit Cutera.com, Your Profile, and Cart are on the right. The main content area features a large banner for the Secret PRO Fractional CO<sub>2</sub> Laser + RF Microneedling Technology, with a 'REWARDS' button. Below the banner is a grid of four categories: Clinical Resources (listing Office & Consult Materials, Patient Treatment Forms, Treatment Guidelines, White Papers/Bulletins, and Purchase Clinical Training), Shop Accessories & Supplies (listing Accessories & Supplies, Marketing Materials & Apparel, and Clinical Training), Internal Marketing (listing In-Office Marketing, Open House, and Promotional Campaigns), and External Marketing (listing Advertising Templates, Social Media, Website Landing Page Content, Logos & Product Images, and Model Photos).





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