

Z Wave Cellulite Treatment Guidelines

- Break areas to be treated into zones no larger than *half* the size a piece of paper. Treating areas larger than that can decrease the energy density too much. A typical treatment may be 2-3 zones per thigh/buttock.
- Use the presets in the machine for Cellulite Type 1, 2, or 3. It never does any harm to treat with more pulses than is in the preset. A typical treatment will be about 10 to 20 minutes per leg.
- For most areas, use 120mJ at 16Hz. For areas of deeper dimpling, you may want to use more energy, up to 185mJ. Energies higher than 120mJ require a slower rep rate of 10Hz.
- To treat directly on the skin, place just a few drops of mineral oil (never gel) on the skin and spread with the blue capped hand piece before depressing the foot pedal. Once the oil is evenly spread and the tip is flush to the skin, depress the foot pedal to begin that zone's treatment.
- It is important to use all of the preset pulses in a zone before moving to the next zone. You may find it helpful to mark the rectangular zones with a white skin marker.
- Some have found that they can successfully (and more neatly) do the entire cellulite treatment through thin, tight "yoga-style" pants, alleviating the need for oil. This smooth surface allows you to remove the blue cap and treat, marking zones with chalk.
- All patients should have at least 8-10 treatment sessions. By doing all the sessions close together in time, within a 3-4 week period, it makes for a more additive effect. For convenience, any of the treatment days can be consecutive; no rest time longer than one day is needed between sessions.
- Patients should start to see some improvement before the end of the series.
 - It has been reported that results typically last one year to 18 months.
 - It is typical for patients to improve by one degree of cellulite severity, e.g., going from a Type 3 to a Type 2.
 - Patient selection is important. Generally speaking, the more severe the cellulite, the more correction will be seen.
 - Charges are often \$50/zone/session, or a flat rate is charged for multiple zones. Typical charges for a series of 10 sessions are around \$2000.

Catch
the
Z
wave



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