

# LÍPO-X

Introduction of Lipo-X  
Triple Care Systemed  
Cavitation + Radiofrequency + Vacuum

Treatment Guide

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# 1

## Introduction

Thank you for purchasing LIPO-X.

LIPO-X is Triple method device  
For body contouring and face rejuvenation.

Lipolysis

Cellulite reduction

Blood & lymph circulation

Muscle relaxation

Skin tightening



This booklet provide a comprehensive guide to the specific use and management from the installation to the best possible use of RF DUO.



However, it is only a guide and does not guarantee or take responsibility for the effect. Please be sure to check the manual in addition to this guide, and use it safely.

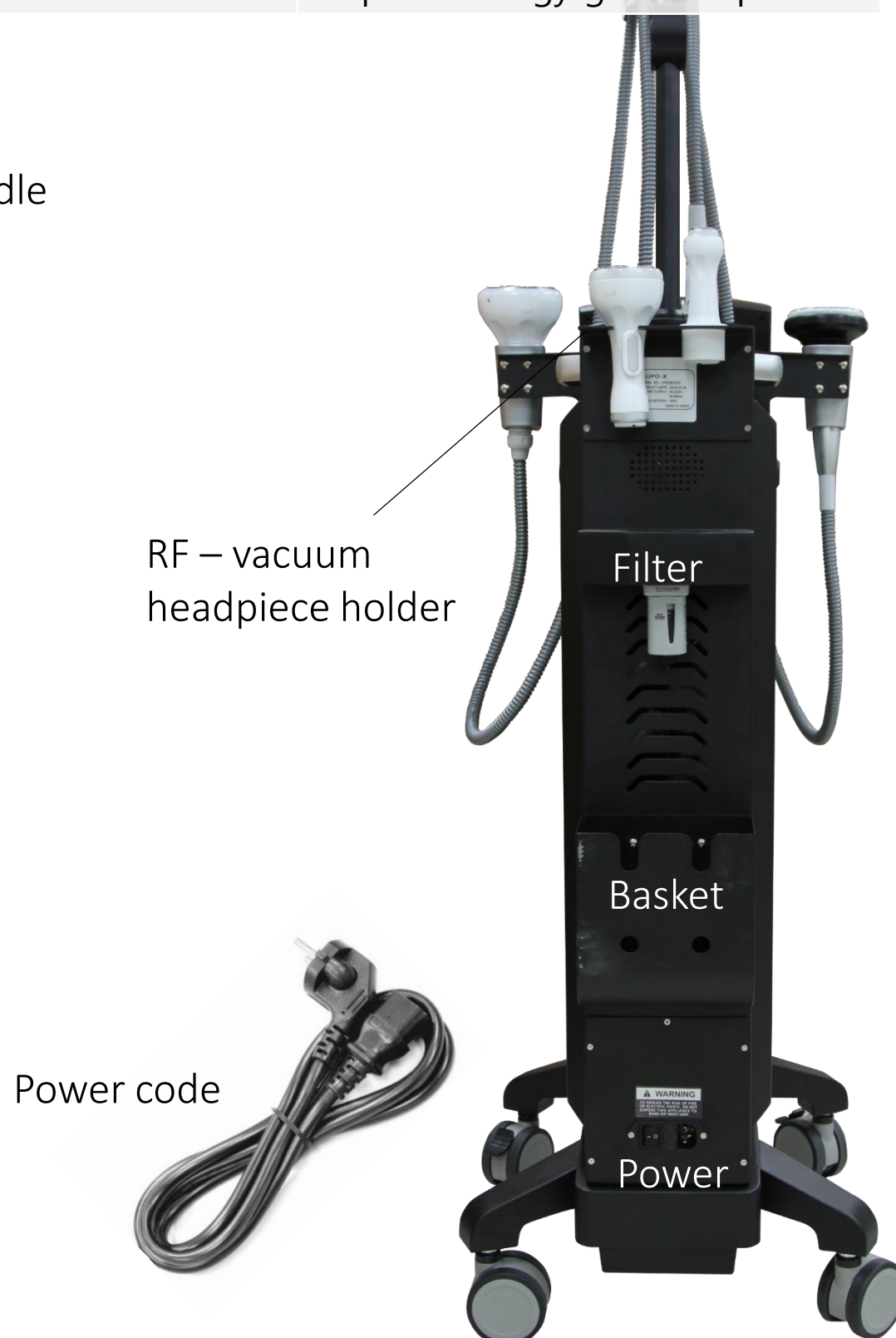
# 2

## Product and Installation

### Product and components



| Cavitation   | RF and Vacuum  |
|--|--|
| The technique of making air bubbles with ultrasonic waves and destroying the membrane of fat cells by the pressure it explodes. TG and other wastes released into the Extracellular space are released into the body through lymph nodes or blood vessels. | A technique that causes friction between cells by using electricity at high frequencies. It relaxes muscles or increases blood flow, activates cell metabolism & regeneration, reducing local fat. The Vacuum that can work at the same time is not only for disrupting adipocytes but also helps RF energy goes Deeper. |



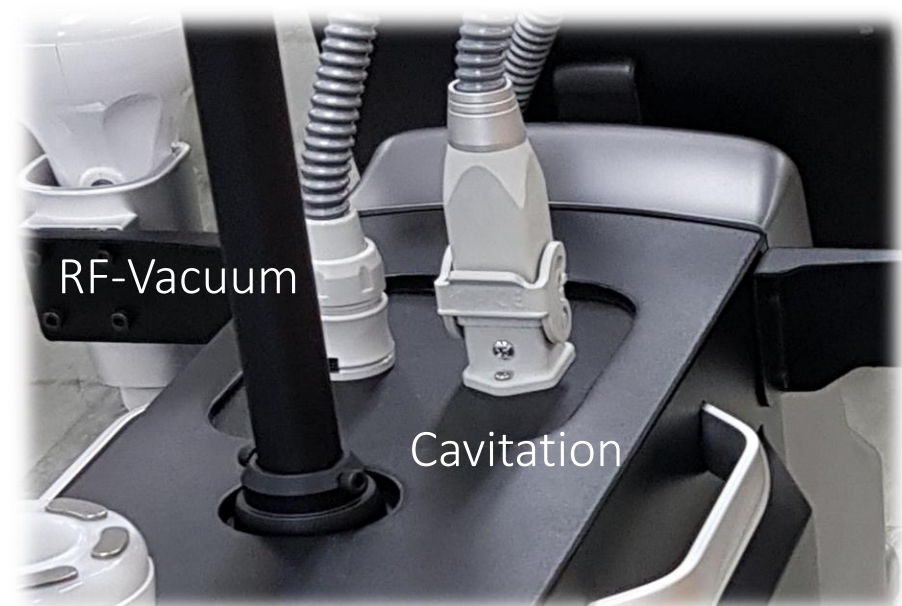
## Installation



① Install handle arm on main body with included screw.

② Hang the handle & line on arm and holder on the side.

③ Connect the handles on the main body.



# 2

## Product and Installation

### Installation



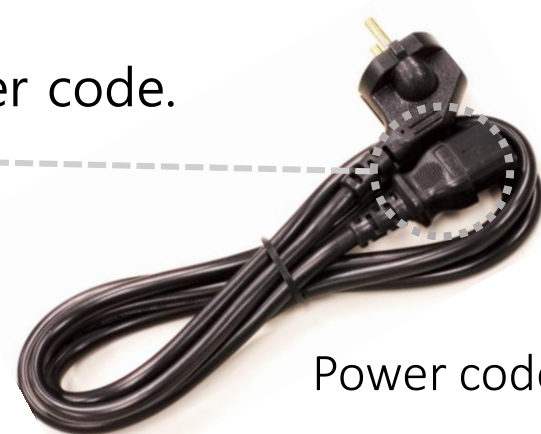
④ Put extra RF headpieces in holder on the back.



#### RF headpieces

|        |                         |
|--------|-------------------------|
| Big    | Abdomen, Thigh, hip etc |
| Middle | Arm, Calf, Neck, etc    |
| Small  | Face, Neck, Back, etc   |

⑤ Connect the power code.



Power code



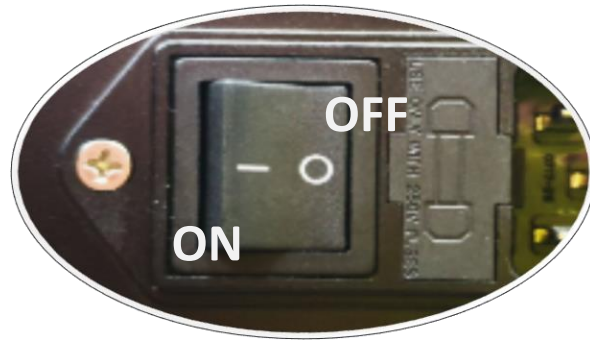
# 3

## Operating

1)



Power on with the switch on the back.



- 2) LCD monitor on the front is touch screen. Dial below the screen is for up/down the selected value, or Work as button for START/STOP.



- 3) Screen shows treatment mode menu for the beginning. Choose cavitation / vacuum RF and you will see more values.

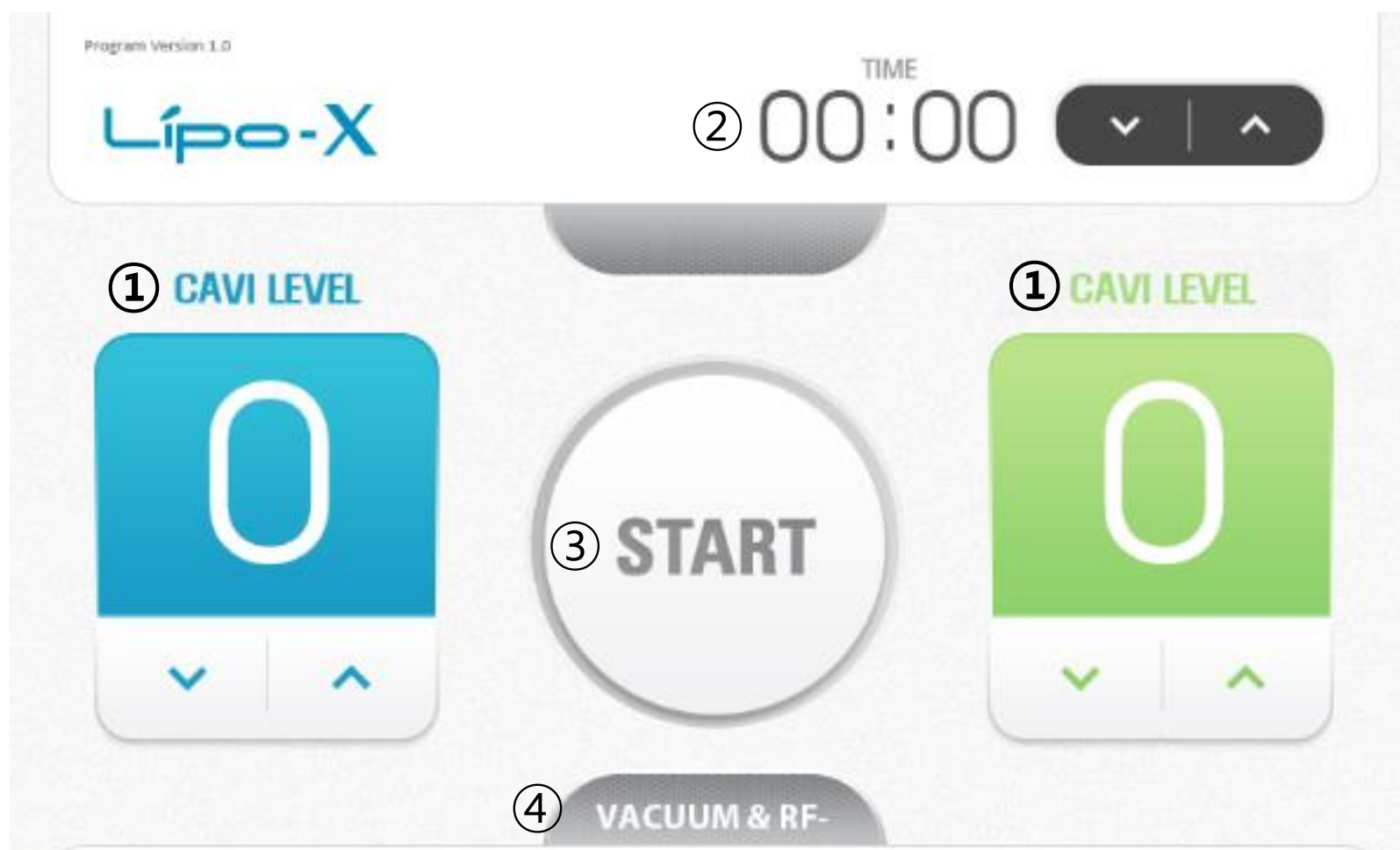


Also you can move to the other treatment mode directly.

# 3

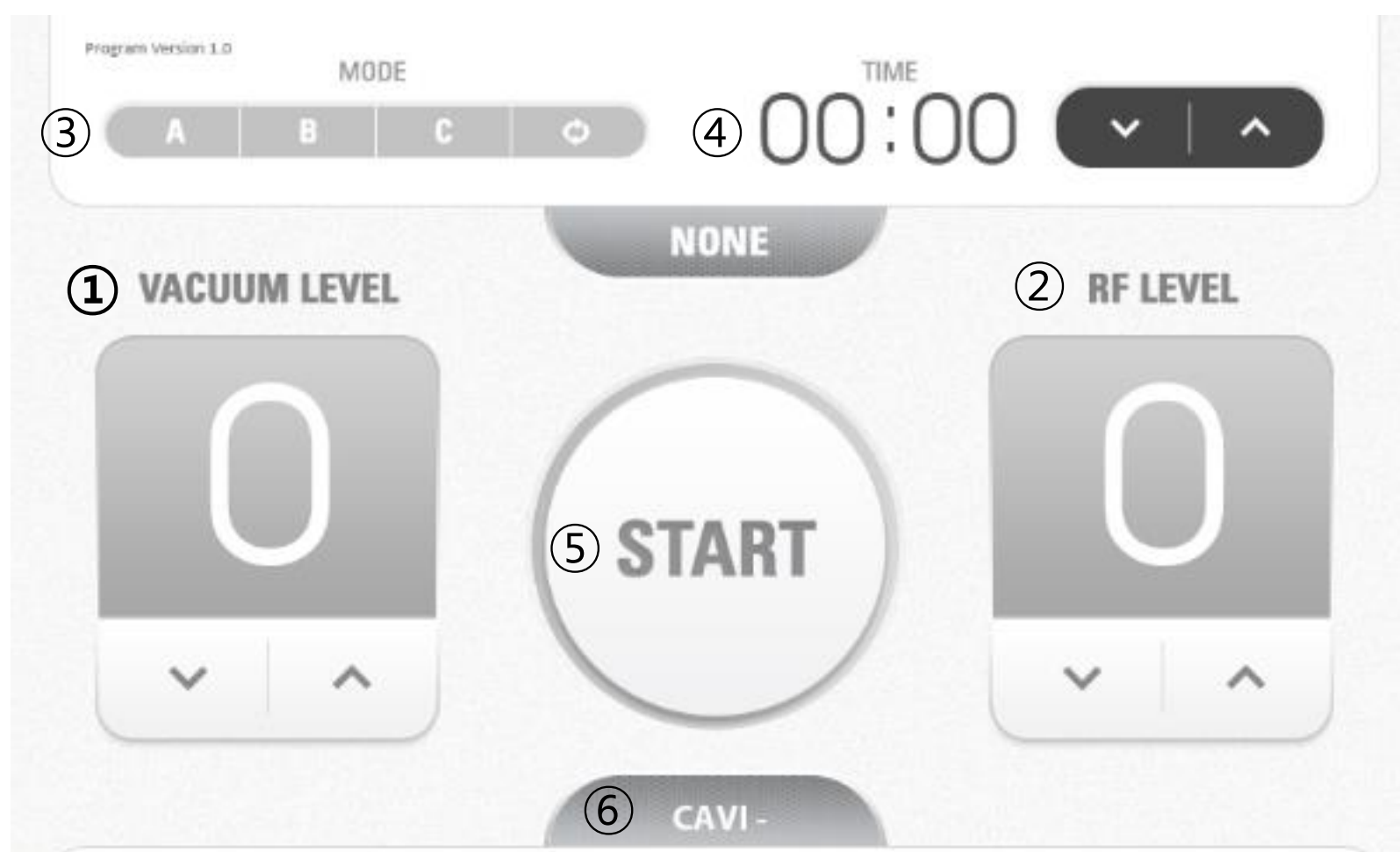
## Operating

### 4) Values for Cavitation



| No | Values           |   |
|----|------------------|---|
| ①  | Cavitation level | 1 ~ 10 (56.8 ~ 106V)  |
| ②  | Time setting     | 1 ~ 5 minute (every 1 minute)<br>5 ~ 30 minute (every 5 minute) |
| ③  | START / STOP     | Start or Stop the treatment                                     |
| ④  | Vacuum & RF      | Move to 'Vacuum & RF mode setting menu'                         |

## 5) Values for Vacuum & RF



| No | Values       |   |
|----|--------------|---|
| ①  | Vacuum level | Vacuum Level ; 0~10 (350 ~ 600 mmHg)                            |
| ②  | RF level     | 0~9   |
| ③  | Vacuum mode  | A (135/min), B(185/min), C(250/min), Continuous                 |
| ④  | Time setting | 1 ~ 5 minute (every 1 minute)<br>5 ~ 30 minute (every 5 minute) |
| ⑤  | START / STOP | Start or Stop the treatment                                     |
| ⑥  | Cavitation   | Move to 'Cavitation mode setting menu'                          |

# 3

## **Operating**

### **6) Check if the handle works safely before you start**

#### ① Cavitation

Drop 3~5 droplets of water in the middle of the handle and Start.  
With the red light around the headpiece,  
you will hear metallic sound, and splashing droplets along the sound.

#### ② RF

Put RF cream on your palm and rub with the smallest headpiece.  
Start with vacuum level 0, RF level 1~2.  
With the red light around the headpiece, you will feel the warm heat.

#### ③ Vacuum

Put the handle on your palm and Start with RF level 0, vacuum level 1.  
With the red light around the headpiece,  
you will feel the pressure and hear the noise from the main body.

# 4

## **Treatment Instruction**

### *Indication and Contraindication*

#### **Indication**

Loose skin  
Local fat  
Cellulite  
Sagging body line  
Wrinkles

#### **Contraindication**

Pregnant or nursing women, and child under 12 years old.  
People or area with acute inflammation or communicable disease.  
Wound bleeding, or not yet healed from surgeries, injuries, etc.  
Insensitivity to heat, or not able to communicate with the operator due to any reason such as paralysis, etc.  
If under pain, skin complaints, or any kind of symptoms while the treatment.  
People with any kind of serious health problem, including epileptics, cancer, diabetes, serious hyper/hypotension, heart/kidney disease, hemophilia, melanosis, allergies, keloid etc.  
Patients with electrical/inserted/wearable medical devices such as pacemaker, loops, etc.

Patients visiting doctor should ask him for advice before use.

# 4

## **Treatment Instruction**

### *Preparation*

#### **Supplies**

- Comfortable and private room and bed.
- LIPO-X
- RF cream, Ultrasound gel
  - \* Use ultrasound gel for cavitation treatment to amplify the transfer of ultrasonic energy. Use RF cream for RF treatment for stable transfer of energy.
  - \* Use of unconfirmed lubricants, such as lotion or oil, may irritate the skin, cause allergic reactions, or damage the machine.
- Glove, Spatula, Clean clothes

#### **Check points**

- Keep the user's fingernails short and clean.
- Keep the user's hands clean and wear gloves.
- Check if the handle works safely.
- Check with the client if there is any medical risk factor.
- Remove the client's earrings, necklaces, rings, watches, and other metals.
- Clean the treatment area.

## *Treatment procedure- Cavitation (1)*

Select treatment area, and set for proper value.

Apply ultrasound gel on the treatment area.

Explain the client that there will be high metallic sound during the cavitation treatment.



### **Not suitable for the cavitation treatment**

Direct use on the lymph nodes.

A thin or near-boned area.

when you are banned to use this device,

such as areas with iron core, sensitive or scarred skin, tumors, etc.

# 4

## Treatment Instruction

### *Treatment procedure- Cavitation (2)*

Contact the cavitation handle to the skin and move around slowly. Draw a small overlapping circle on the treatment area. In this way, the energy constantly come and go on the same area, so they can accumulate without skin damage.

You may adjust the cavitation level by checking the response of the client. It is normal to feel tingle or heat with cavitation, but not pain.

Wipe out the gel clearly after the treatment.





## Treatment procedure- RF (1)

Select treatment area, and set for proper value (Vacuum level 0).

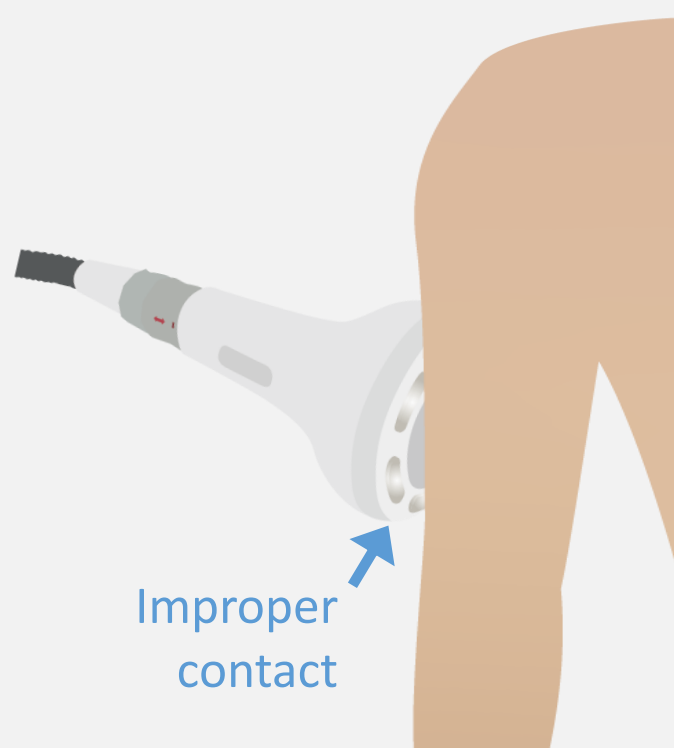
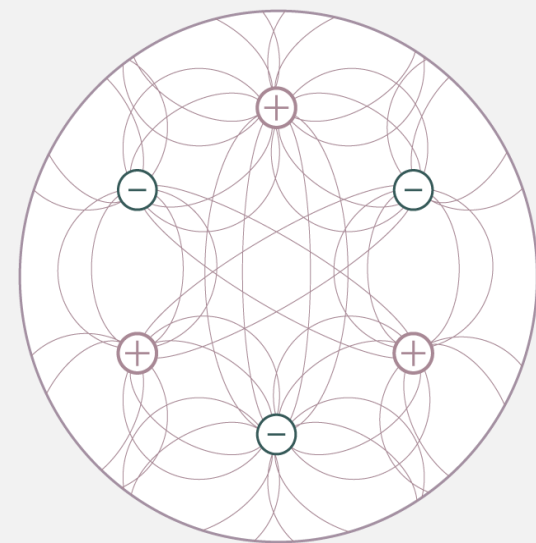
Apply RF cream on the treatment area.

Explain the client about the risk of skin burn, and to inform if it's too hot.

Choose proper sized headpiece for the treatment area. If it's too small, it will be less effective. If it's too big, it will be easy to caught an accident.

### Safe use of RF energy

Current between the six(~four) electrode generates heat from the friction between cells.



If the total amount of current between the six electrodes is driven between a less number of electrodes due to improper contact, a sudden increase in temperature can cause skin damage.

# 4

## Treatment Instruction

### *Treatment procedure- RF (2)*

Attach the handle completely to skin, and start the treatment.

Draw a small overlapping circle on the treatment area. In this way, while the energy constantly come and go on the same area, so they can accumulate without skin damage.

Move slowly, but at the same time, careful not to stop the handle movement. If you move too fast, heat will be not enough, and if you move too slow, there may be skin burn.

Begin with the low level, and adjust by checking the response of the client.

When the procedure is done, check if the device is completely stop working before you take off the handle from the skin. If it's inevitable that the handle must be removed while the device is operating, be quick to take off all the conductors from the skin at once.



## Treatment procedure- RF+Vacuum (1)

\* After the RF cream is melted into transparent oil, you may do the vacuum along. DO NOT turn on the vacuum before RF cream is completely melted into oil. It may cause breakdown.

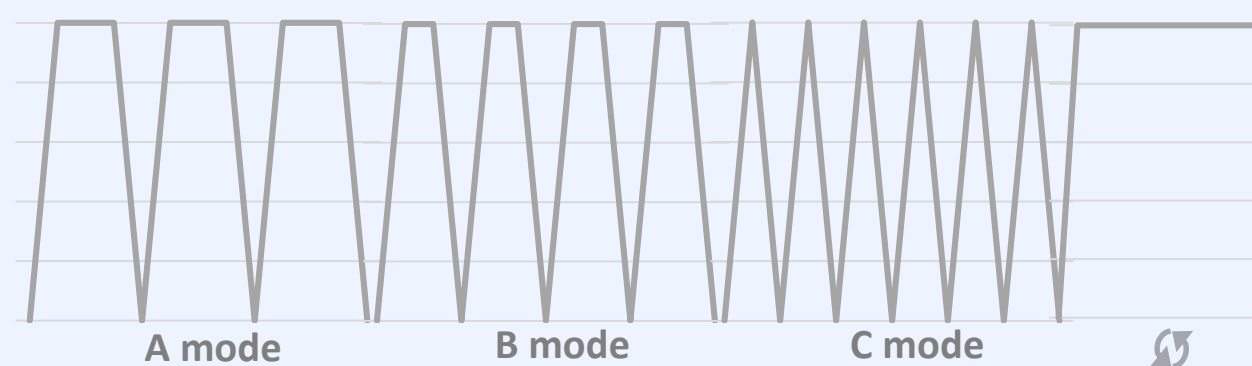
Stop the RF treatment and lower the RF level about 2~3 steps. This is to prevent accidents that may occur due to poor movement of the handle under vacuum pressure.

Set the vacuum with Lv 1 & mode B, and gradually raise by checking the response of the client.

### Vacuum Mode

divided into four stages depending on the frequency and duration.

- **Continuous mode** is recommended to be used only in small headpiece because it is difficult to move or remove.
- **B mode** provide frequency and duration of least pain in general.
- **A mode** is more effective in transmitting RF energy since it bites skin longer than any other.
- **C mode** stimulate the skin faster than any other, so it is relatively easy to massage tense muscles, or used for final touch of the procedure since it's easier to move.



# 4

## Treatment Instruction

### *Treatment procedure- RF+Vacuum (2)*

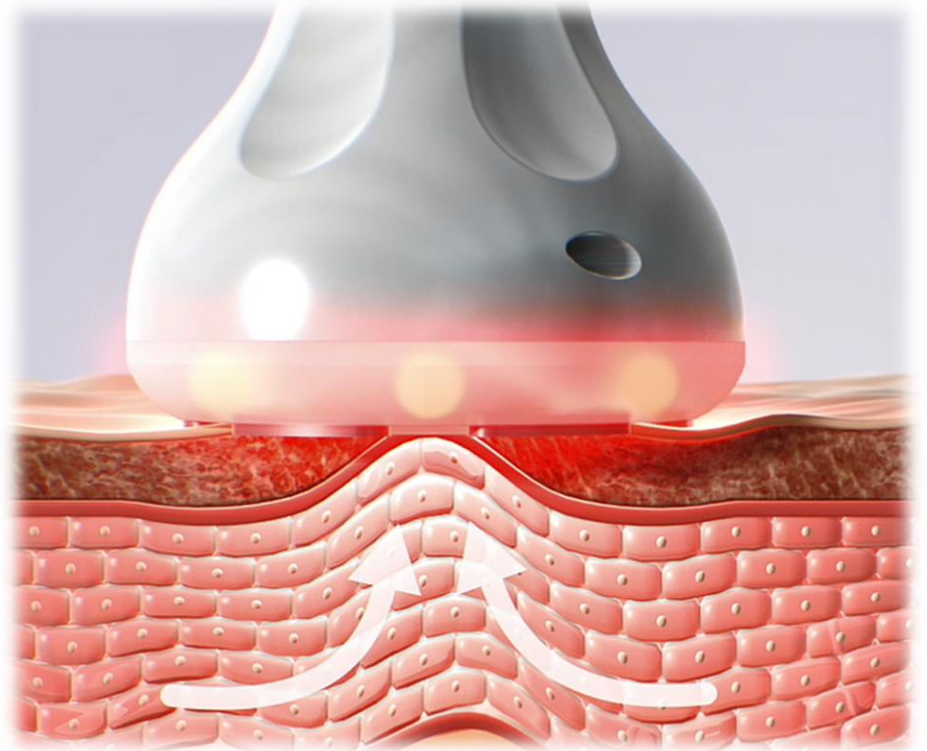
Attach the handle completely to skin, and start the treatment.

Move around carefully not to stay in one place too long to avoid skin burn, especially since it is hard to move with the vacuum on.

Move in one direction as if sweeping toward nearby lymph node. Then move the handle back unattached to the side of the starting point, and sweep again.

When the procedure is done, check if the device is completely stop working before you take off the handle from the skin. To take off easily, give a gentle press to the side of the handle to release the negative pressure in side the headpiece.

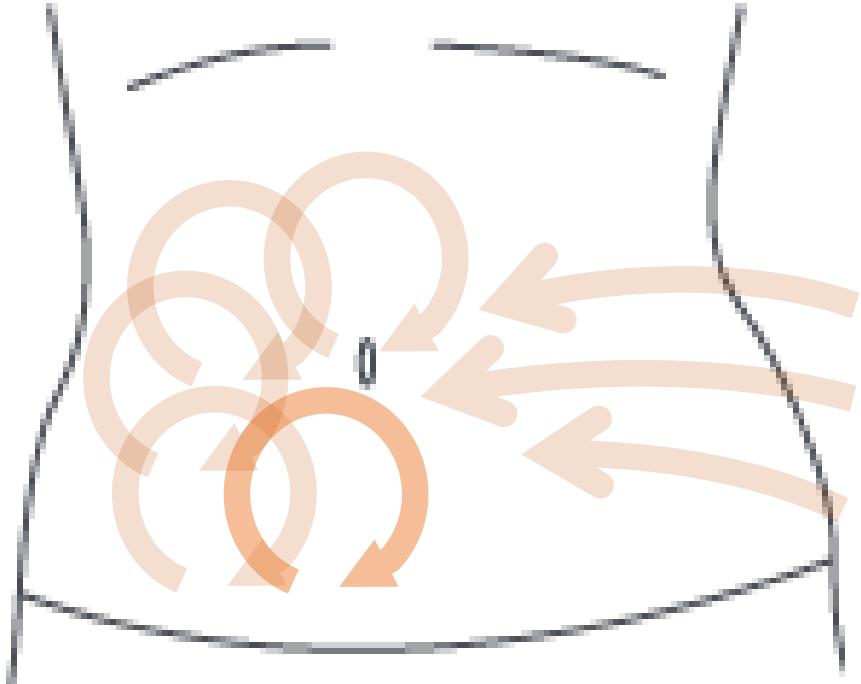
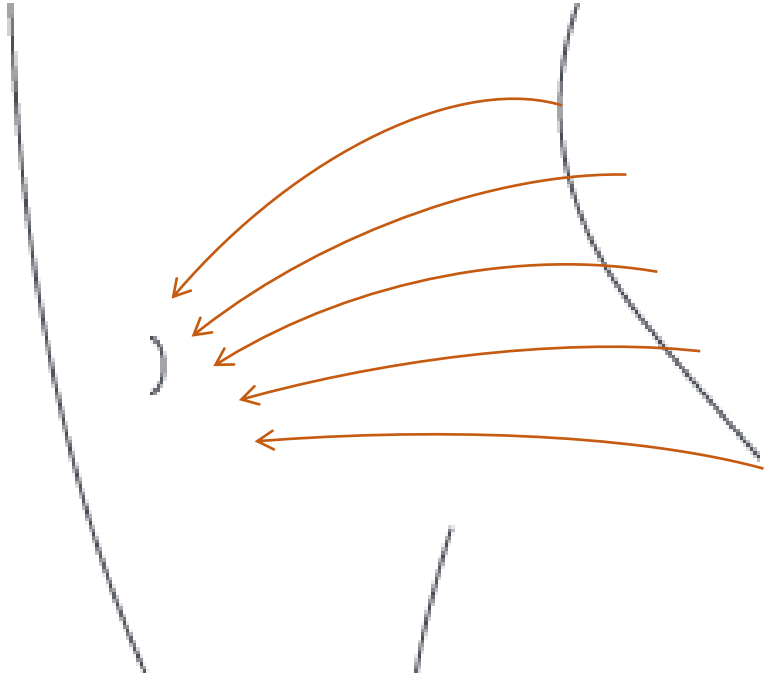
If it's inevitable that the handle must be removed while the device is operating, be quick to take off all the conductors from the skin at once.



# 5

## Treatment Protocol

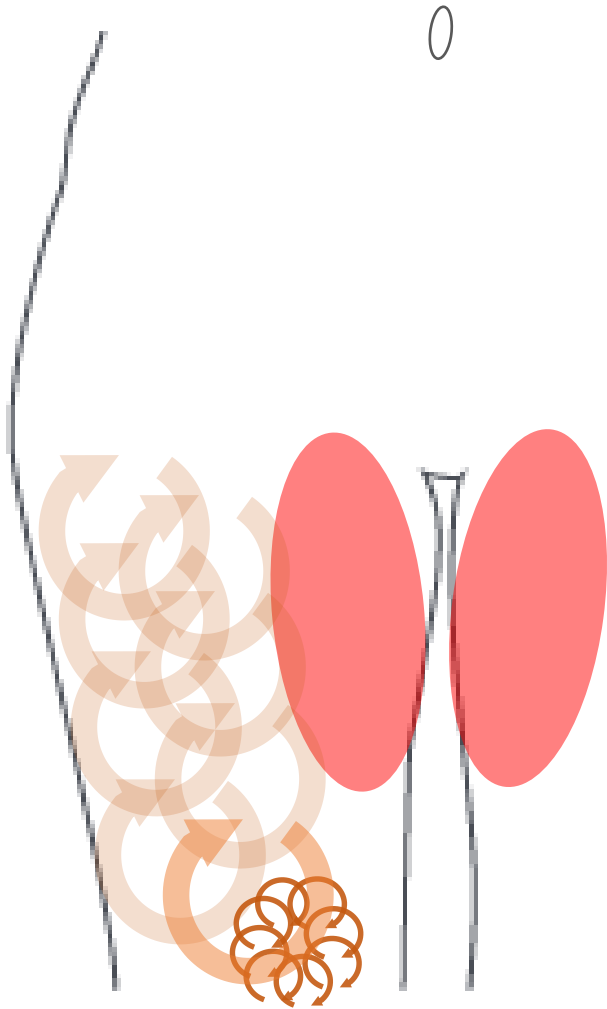
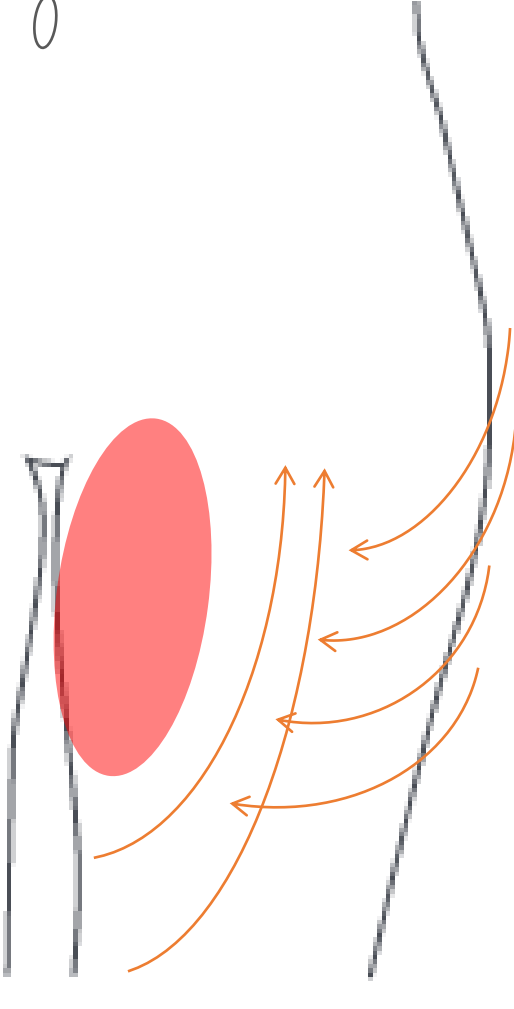
### Protocol for Abdomen

| Treatment mode                    | Set values                                   | How to perform  |
|-----------------------------------|--|---|
| Cavitation with Cavitation handle | Cavi- Lv 7<br>Time 20 ~ 30 min               |   |
| RF with Big/Mid RF handle         | RF Lv 8<br>Vacuum Lv 0<br>Time 30 ~ 40 min   |   |
| RF+Vacuum with Big/Mid RF handle  | RF Lv 3<br>Vacuum Lv 1 ~ 4<br>Time 5 ~ 10min |  |

# 5

## Treatment Protocol

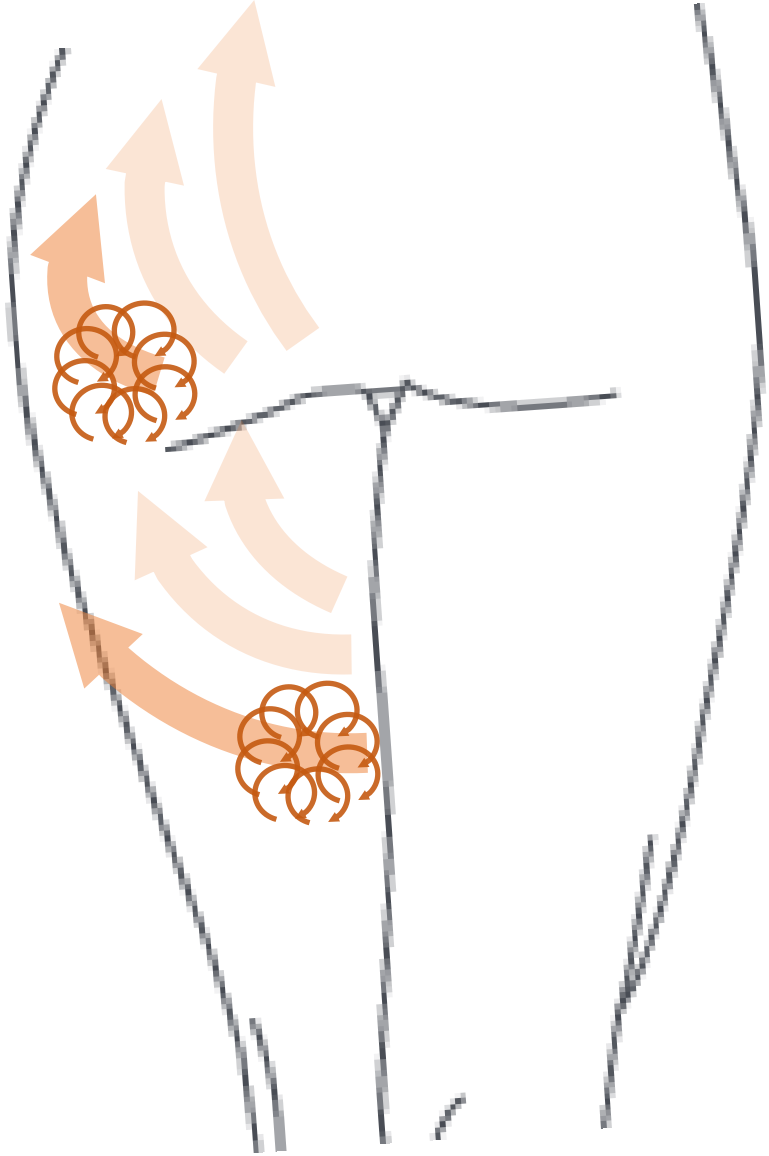
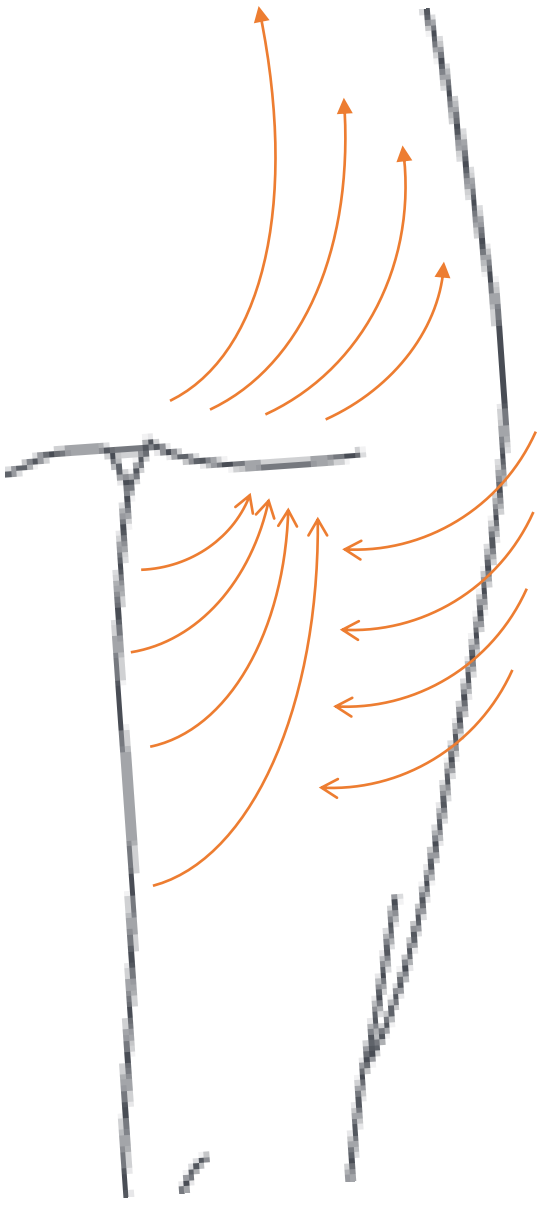
### Protocol for Front thigh

| Treatment mode        | Cavitation with Cavitation handle  | RF with Big/Mid RF handle                  | RF + Vacuum with Big/Mid RF handle  |
|-----------------------|--|--|---|
| Set values (for both) | Cavitation Lv 7<br>Time 20 ~ 30 min  | RF Lv 8<br>Vacuum Lv 0<br>Time 30 ~ 40 min | RF Lv 3<br>Vacuum Lv 1 ~ 4<br>Time 10 ~ 20 min  |
| How to perform        |  |  |  |

# 5

## Treatment Protocol

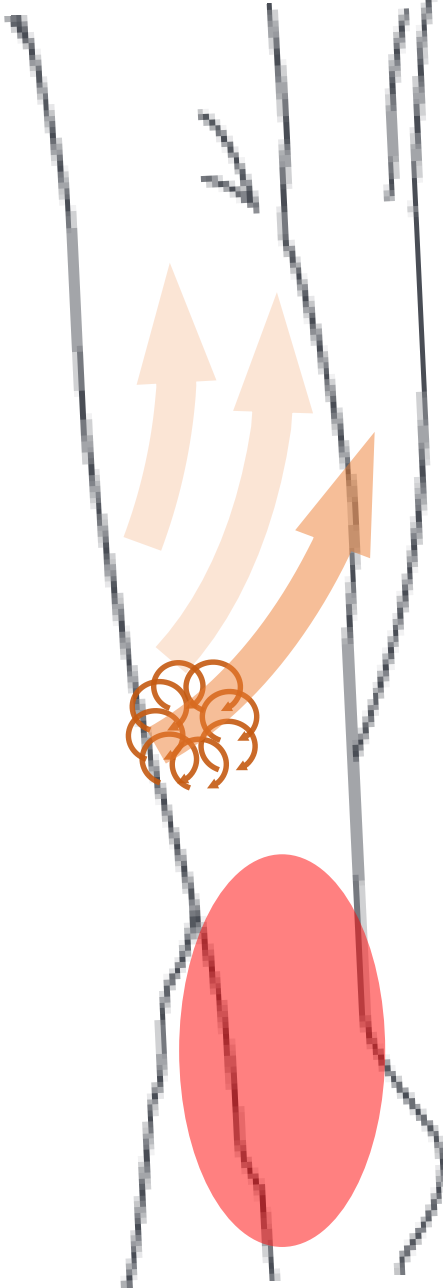
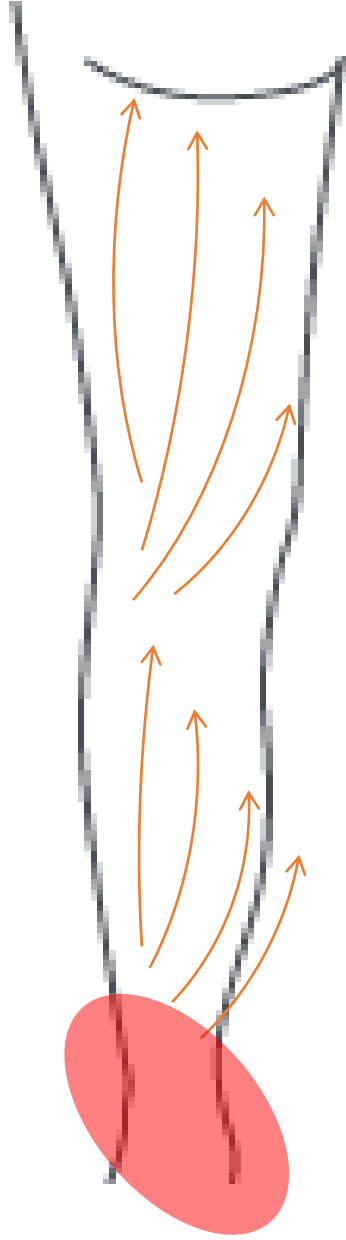
*Protocol for Posterior thigh and hip*

| Treatment mode        | Cavitation with Cavitation handle  | RF with Big/Mid RF handle                  | RF + Vacuum with Big/Mid RF handle  |
|-----------------------|--|--|---|
| Set values (for both) | Cavitation Lv 7<br>Time 30 ~ 40 min  | RF Lv 8<br>Vacuum Lv 0<br>Time 40 ~ 50 min | RF Lv 3<br>Vacuum Lv 1 ~ 4<br>Time 10 ~ 20 min  |
| How to perform        |  |  |  |

# 5

## Treatment Protocol

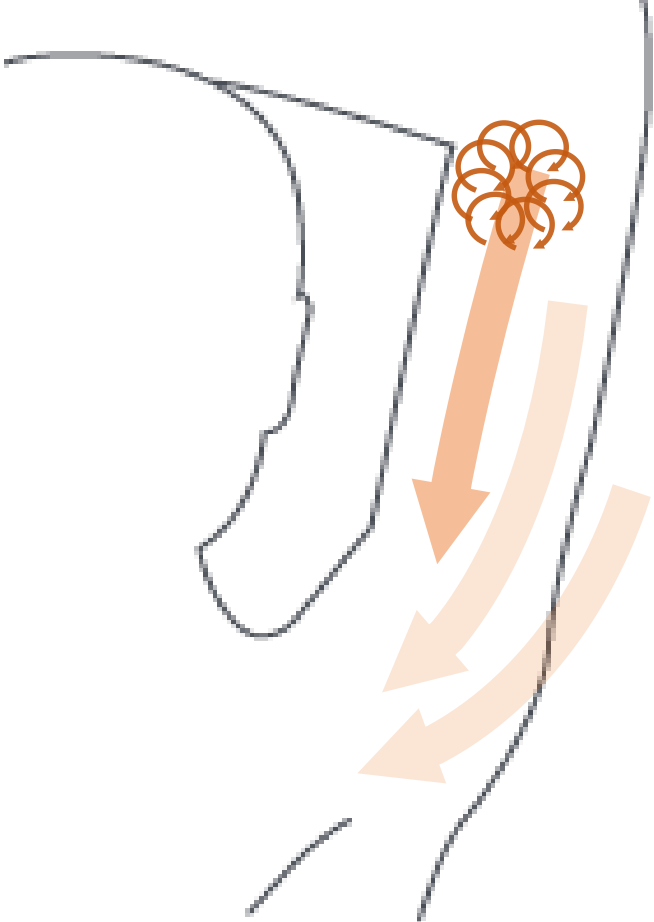
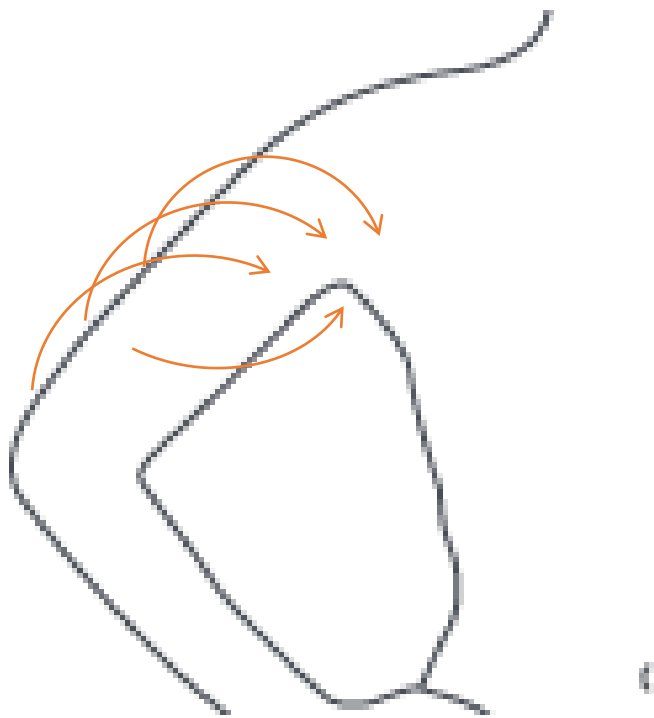
### Protocol for Calf

| Treatment mode        | Cavitation with Cavitation handle  | RF with Mid RF handle                      | RF + Vacuum with Mid RF handle  |
|-----------------------|--|--|---|
| Set values (for both) | Cavitation Lv 7<br>Time 20 ~ 30 min  | RF Lv 8<br>Vacuum Lv 0<br>Time 30 ~ 40 min | RF Lv 5<br>Vacuum Lv 3 ~ 6<br>Time 10 ~ 20 min  |
| How to perform        |  |  |  |

\* Avoid bonny area.



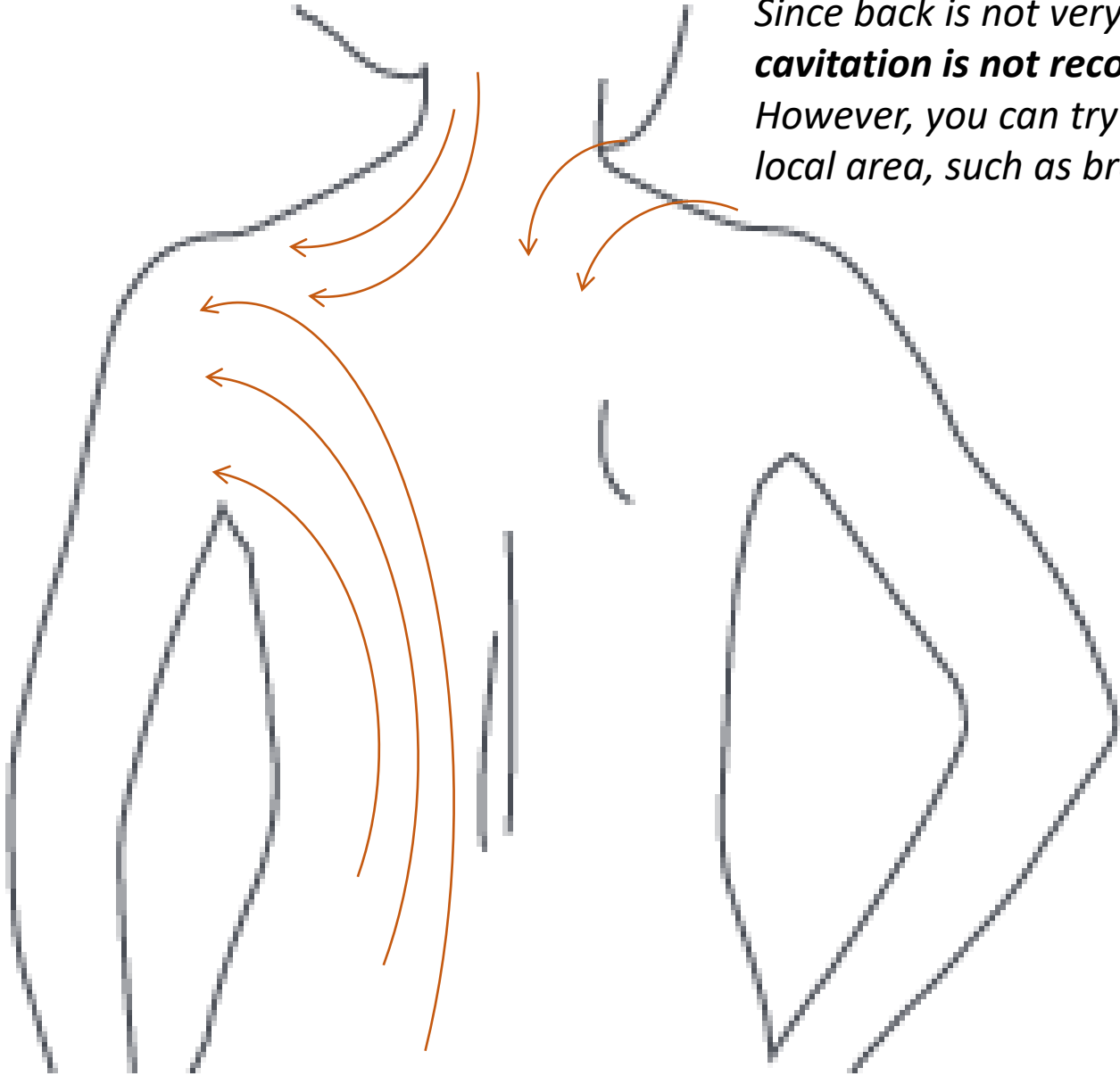
## Protocol for Arm

| Treatment mode                    | Set values                                     | How to perform  |
|-----------------------------------|--|---|
| Cavitation with Cavitation handle | Cavi- Lv 3 ~ 7<br>Time 20 ~ 30 min             |   |
| RF with Mid RF handle             | RF Lv 8<br>Vacuum Lv 0<br>Time 30 ~ 40 min     |   |
| RF+Vacuum with Mid RF handle      | RF Lv 3<br>Vacuum Lv 3 ~ 6<br>Time 10 ~ 20 min |  |

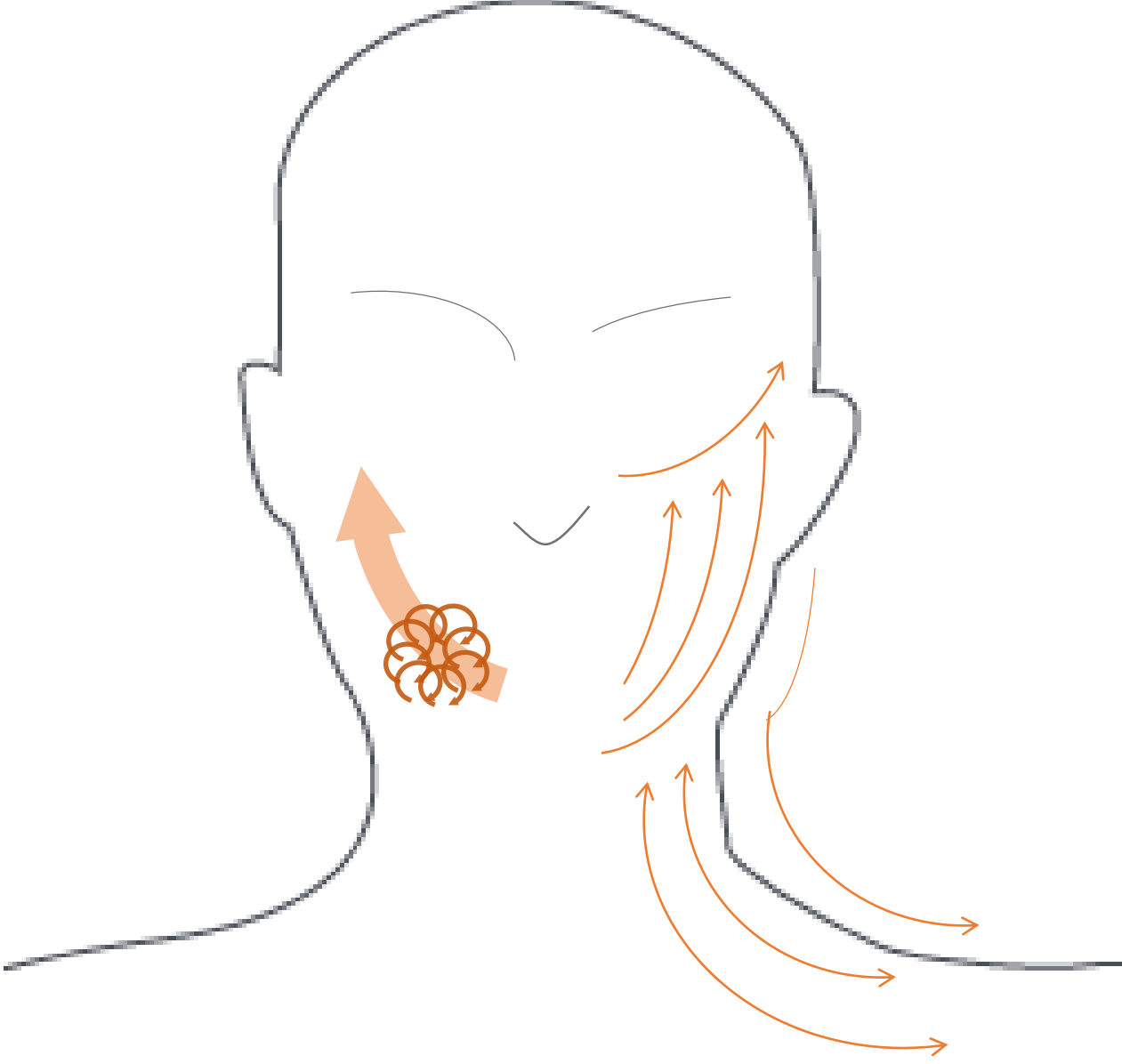
# 5

## Treatment Protocol

### Protocol for Back and Neck

|                                 |  |  |
|---------------------------------|--|--|
| <b>Treatment mode</b>           | RF with<br>Mid / Small RF handle   | RF + Vacuum with<br>Mid / Small RF handle      |
| <b>Set values</b><br>(for both) | RF Lv 5 ~ 9<br>Vacuum Lv 0<br>Time 10 min  | RF Lv 3<br>Vacuum Lv 3 ~ 6<br>Time 10 ~ 20 min |
| <b>How to perform</b>           |  <p>Since back is not very fatty area, <b>cavitation is not recommended.</b> However, you can try carefully with thick local area, such as bra fat with low level.</p> |  |

## Protocol for Face and Neck

| Treatment mode        | RF with Small RF handle  | RF + Vacuum with Small RF handle              |
|-----------------------|--|---|
| Set values (for both) | RF Lv 3 ~ 5<br>Vacuum Lv 0<br>Time 10 min  | RF Lv 1<br>Vacuum Lv 3 ~ 6<br>Time 5 ~ 10 min |
| How to perform        | <p style="text-align: right;"><i>* Recommend COOLING CARE after</i></p>  |   |

# 5

## Treatment Protocol

### Treatment Interval

#### Principles

- RF treatment or RF & Vacuum treatment does not need resting days.
- Cavitation is not for everyday. Must have 3~5 resting days in between.
- You may put RF & Vacuum treatment in between Cavitation treatment.

#### Examples

Case 1) Quit slim but have concern about abdomen & waists.

Can visit 2 times a week, and can't stay longer than 2 hours at a time.

|                                    |   |
|------------------------------------|---|
| 1 <sup>st</sup> visit              | <i>Abdomen / Cavi (30') + RF (40') + Vacu (10')</i> |
| 2 <sup>nd</sup> visit              | <i>Abdomen / Cavi (20') + RF (40') + Vacu (10')</i> |
| 3 <sup>rd</sup> visit<br>And so on | <i>Repeat 2<sup>th</sup> treatment protocol</i>     |

Case 2) Quit slim but hate her bra fat, and her face swells frequently.

Can visit 2 time a week, and since she's under other skin care program, she only have 1 hour for LIPO-X treatment.

|                                    |   |
|------------------------------------|---|
| 1 <sup>st</sup> visit              | <i>Back and neck / Cavi (10') + RF (10') + Vacu (20')</i><br><i>* Cavitation is only for bra fat area, with safe output Lv.</i> |
| 2 <sup>nd</sup> visit              | <i>Face and neck / RF (10') + Vacu (20')</i>  |
| 3 <sup>rd</sup> visit<br>And so on | <i>Repeat 1<sup>st</sup> ~ 2<sup>th</sup> treatment protocol</i>  |

## Treatment Interval

### Examples

Case 3) Lower body obesity client. Need thigh, hip, and calf treatment.  
Can visit 3 times a week, but can't stay longer than 2 hours at a time.

|   |   |
|---|---|
| 1 <sup>st</sup> visit<br>(1 <sup>st</sup> week) | <i>Posterior thigh and hip / Cavi (40') + RF(50') + Vacu(20')</i>   |
| 2 <sup>nd</sup> visit                           | <i>Anterior thigh / Cavi (30') + RF (40') + Vacu (10')</i><br><i>Posterior thigh and hip / RF (30') + Vacu (10')</i>  |
| 3 <sup>rd</sup> visit                           | <i>Calf / Cavi (30') + RF (30') + Vacu (10')</i><br><i>* During the RF&amp;Vacu treatment, cover for posterior thigh and hip also.</i><br><i>Anterior thigh / RF (30') + Vacu (10')</i> |
| 4 <sup>th</sup> visit<br>(2 <sup>nd</sup> week) | <i>Posterior thigh and hip / Cavi (30') + RF(50') + Vacu(10')</i><br><i>* During the RF&amp;Vacu treatment, cover for calf also.</i><br><i>Anterior thigh / RF (20') + vacu (10')</i>   |
| 5 <sup>th</sup> visit                           | <i>Anterior thigh / Cavi (30') + RF (40') + Vacu (10')</i><br><i>Posterior thigh and hip / RF (30') + Vacu (10')</i><br><i>* Cover for calf also.</i>                                   |
| 6 <sup>th</sup> visit                           | <i>Calf / Cavi (30') + RF (40') + Vacu (10')</i><br><i>* During the RF&amp;Vacu treatment, cover for posterior thigh and hip also.</i><br><i>Anterior thigh / RF (30') + Vacu (10')</i> |
| 7 <sup>th</sup> visit<br>And so on              | <i>Repeat 4<sup>th</sup>~6<sup>th</sup> treatment protocol</i>  |

\* Educated importance of diet control and exercise to have systemic slimming effect.

# 5

## **Treatment Protocol**

### *After the treatment*

Wipe off cream or gel clean and apply moisturizer to prevent dry skin.

Sit up first before standing up because client may feel dizzy with relaxing lay down.

Client may feel thirst or even nausea.

This is due to accelerated body metabolic activity, so hydrate with water.

Cooling to calm the redness is not recommended. Rather, cover the area with a blanket while other treatment to preserve the heat as long as possible.

Skin redness will fade away within few hours, but petechia or bruises induced from high pressure may require few more days to disappear.

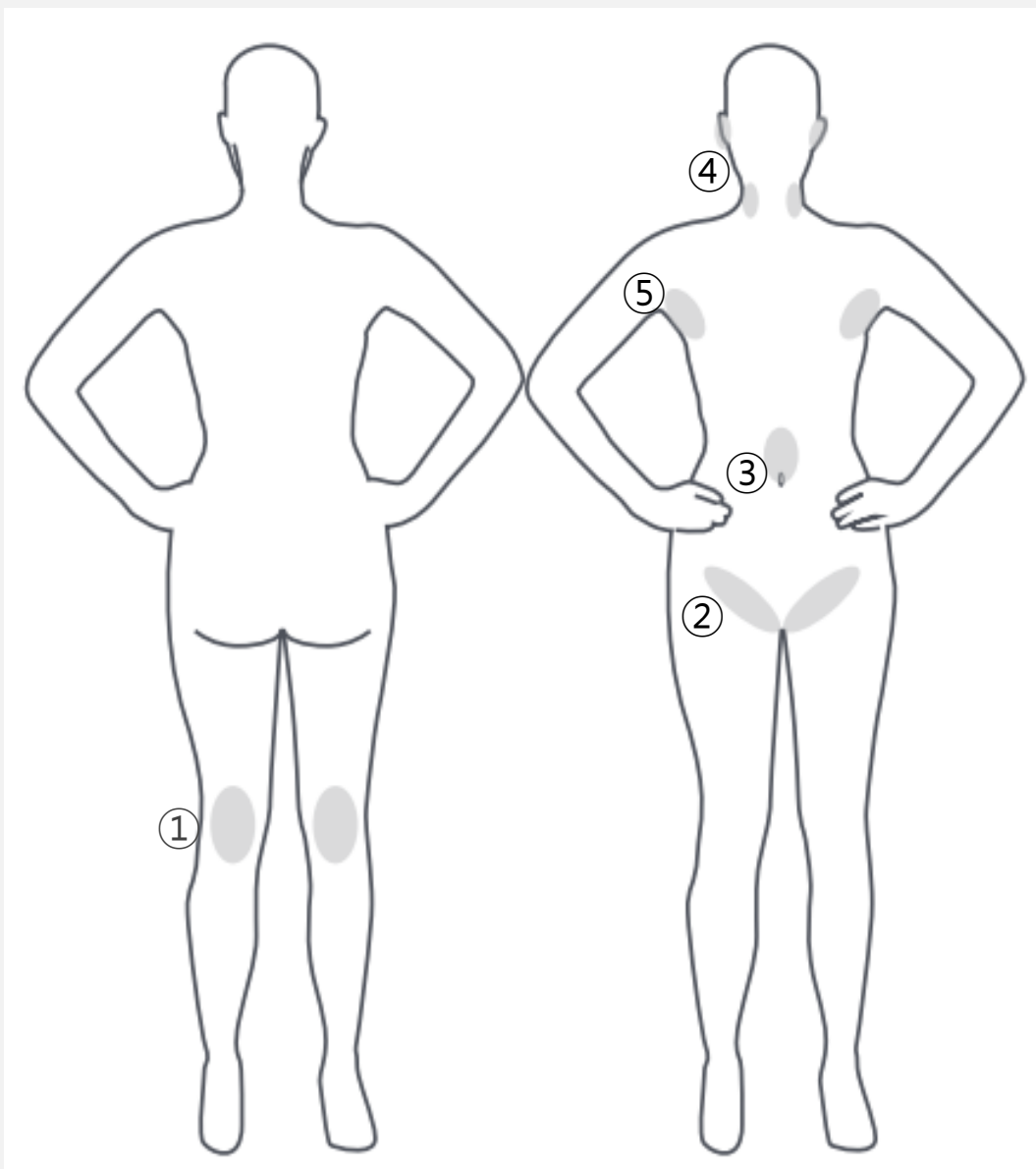
**If there is a nagging pain or fever at any way, visit a doctor.**

## After the treatment

Avoid extreme activity or thermal irritation after treatment, for example tanning or sauna. This is to prevent additional heat accumulation and following damage.

Encourage lymph drainage at home ; lymph massage, hydration.

- Keep away from liquids causing dehydration ; such as caffeine, alcohol
- Instead, drink over 1.5L of water per day.
- Do the self lymph massage at home



\* Major lymph nodes

① Pat your crook of the knee (20~30 times), sweep the calf with palm from ankle to knee.

② Pat your groin (20~30times), sweep the thigh with your palm from knee to groin.

③ Put your hand over navel for a while, sweep clockwise the hole belly. Sweep anterior, lateral, posterior of lower abdomen to groin.

④ Sweep your face from center to edge, and than edge to neck.

⑤ Pat your armpit (20~30times), sweep from stomach to clavicle to armpit, from arm to armpit. Sweep upward from stomach to waist to armpit.

# 6

## Maintenance

### *How to Clean and Store*

Wipe off cream or gel on the device with a dry towel or tissue.

Do not immerse the device in water or soak it with flammable substances.

Turn off the power and keep it away from direct sunlight or high humidity.

Clean the vacuum line every once a week to keep the power in good condition.



Set the RF-vacuum mode as below  
; RF level 0 / Vacuum level 8 / continuous mode



Start the RF-vacuum and pour in some alcohol little by little into the hole. Ant block the hole intermittently to soak up. Repeat 3~4 times.



Alcohol passed through the tube is held in the filter on the back of the machine. Turn the filter counterclockwise to open, discharge the contents and reequip.



# 7

## Q & A

**Q. How many times does it take to actually see the size reduction?**

**A.** You may see immediate reduction on a temporary basis. However, the actual effect occurs around five times.

**Q. Exactly how much weight will I lose?**

**A.** LIPO-X is an aesthetic device that assists the reduction of local fat. You need to combine with common weight management, such as dietary control and exercise to assure weight loss.

**Q. How long will it last?**

**A.** LIPO-X cannot prevent fat gain. If you want to maintain the treatment effect, it is important to maintain healthy life style.

**Q. Is there any rules about eating or exercise after the treatment?**

**A.** There is no particular food that should not be eaten or exercise forbidden. However, drink lots of water and avoid dehydration-causing drinks to facilitate circulation. Also excessively intense exercise is not recommended for few days.

**Q. Can I use cavitation on my excessive fat on *face*?**

**A.** NO. LIPO-X cavitation handle is not designed to use on a face.

**Q. Can I use anything else instead of ultrasound gel or RF cream?**

**A.** NO. Ultrasound gel and RF cream is recommended for effective and safe use of LIPO-X. Use of unconfirmed lubricants, may cause undesired skin reaction, or damage the machine.

**Q. What kind of side-effects can happen, and what should I do?**

**A1** With cavitation, noise-induced headaches can occur, which will dissipate over time. There may be pain caused by improper use (high output Lv, frequent use, etc.). If the pain persists, or other systemic symptoms such as fever, visit the doctor.

**A2** With RF, redness on treatment area is possible, which will disappear over time. Skin burn from improper use can be treated by doctor.

**A3** With vacuum, redness or bruise may appear on the treatment area. It will disappear in time. However, if the condition does not improve after three days, or if there is other systemic symptoms, such as fever, visit the doctor.

**Q. Is it essential to perform 'Cavitation→RF→Vacuum' in order?**

**A.** It is not necessary to follow the order of the protocols presented. Variations can be made, such as reordering, omitting, or shortening/extending, depending on the response or preference of the client. In addition, when it comes to RF+vacuum treatment, RF single treatment must take place before to melt the cream. And If you want to perform vacuum single treatment, you should use suitable lubricants to reduce friction.

**Q. Can I use it with other procedures such as plastic surgery, botox, HIFU?**

**A.** To maximize the effect, it can be combined with other treatments or medications. However, deterioration of surgical or procedural wounds, metamorphosis of the drug administered, and other serious side effects can happen. Therefore, you must follow the instruction from the medical profession who performed the operation or procedure.



# LIPO-X

감사합니다

Vielen Dank

धन्यवाद

谢谢

Thank you

ありがとうございます

Dziękuję

Grazie

ขอขอบคุณ

Спасибо

Merci

Teşekkür ederim

Gracias

شكرا