

DIVISION: Treatment

CODE: SOP COOLCELL TREATMENT

SUBJECT: COOLCEL ANTI-CELLULITE TREATMENT

OBJECTIVE / STANDARD: To ensure correct treatment procedure is adhered to for the CoolCell Treatment

POLICY: Any staff member failing to comply with these standards will be subject to warnings and disciplinary action

PRE-TREATMENT:

1. Take a detailed patient medical history, including previous treatment modalities, to determine if CoolCell is the best treatment for the client's skin concerns.
2. Exclude from treatment anyone who has had direct sun exposure 24 hrs prior to treatment
3. Ask the client to complete, sign and initial the following forms:
 - i. Client Treatment Form (New Clients Only) x1
 - ii. Patient Information Sheet x2
 - iii. Photo consent release form x1
4. Sign all forms where indicated for therapist signature
5. Copy can be scanned and mailed to the client upon request

TREATMENT COURSE:

8 Sessions, depending on the severity of the skin condition

TREATMENT ROOM SET-UP

Mittens or Warm compressors

600cm grid to measure area to be treated per leg

CoolCell equipment & machine set up

6. Set-up the CoolLift Gun

Prepare the following professional stock & lay out on the counter in order of use.

- i. Camera
- ii. CoolLift Gun
- iii. CoolLift connector plugged in
- iv. CoolCell kit (CO2 and CoolCell vial)

7. Ensure all products & equipment are fit for use. Do not use stale or expired stock. Check all equipment to ensure it is working properly & that there is sufficient battery power. Report any issues to the clinic manager
8. Make sure that the same conditions are maintained for all treatment sessions & throughout each treatment.

PROCEDURE:

9. Take Before pics of the area to be treated, up-close and far. Make sure you have signed consent from the client. Pics should be taken with the client in a standing position. Be relevant and accurate to the area that will be treated. Ensure you maintain client comfort and modesty at all times.
10. Ask that the client show you her area of concern on each thigh/leg/stomach or any other area of concern.
11. Wipe the area to be treated with a warm compress or mittens.
12. Grid the area with the 600cm² grid. Do the same on the other leg. Pay attention to symmetry.
13. Help the client onto the plinth. Let client lie on tummy if you will be working on her buttocks or the back of her thighs. Let client lie on her back if her area of concern is the front of the legs/thighs.
14. Prepare the Gun with the cosmetic solution and gas cartridge ensuring that it is always pointing down.

15. Always tighten the gas cylinder and then push down the cosmetic product firmly without twisting it
Note that there are 2 CoolCell vials and 2 CO2 Gas cartridges for one full CoolCell Treatment = 2 x 600cm² areas. Therefore 1 CoolCell vial and Gas cylinder per leg covering an area of only 600cm²
16. To start the treatment the Session screen will be displayed
17. In order to get started, the padlock button must be selected to unlock it
18. After it is un-locked, press the trigger without releasing it and the warm-up screen will be displayed with 10 seconds count-down
19. After this count-down the Gun will pulse the spray which contains the content of the cosmetic solution and cool gas at the same time
20. The screen will display the remaining session time, counting down from 4 minutes
21. If the padlock hasn't been previously unlocked, upon pressing the trigger a warning message will be displayed to unlock it
22. Do not touch the client's skin during the treatment
23. Keep the Gun 0.5-1 cm away from the client's skin. Do not touch the skin with the Gun during the treatment
24. The application must be done continuously always moving the Gun during treatment (make lines from left to right, and overlap them from top to bottom within the grid)
25. Ensure you dispense the cosmetic solution over the entire grid surface and repeat on any areas of concern
26. The treatment must be carried on for the full 4 minutes, from start to finish, without releasing the Gun trigger and without interruptions
The treatment session would lose its effect if interrupted
27. In the beginning the spray will be strongest and will weaken during the final minute
28. Client's should also be advised about the "loud" noise made by the Gun during the treatment
29. The Gun will automatically stop at the end of the treatment session, after 4 minutes
30. The screen will display "end of session" and a "beep-beep" sound will indicate that the gas cartridge and cosmetic solution can be removed.
31. The sound will continue until both the gas cartridge and cosmetic solution bottle have been removed from the Gun, and the Gun is placed on its Base. Never put the Gun on the Base with the cartridges in it!
32. Remove the cosmetic solution by using two fingers to pull the vial directly out
33. Remove the CO2 gas by screwing it out
34. Dispose of the gas and vial by placing in plastic bag and then place in the dustbin
35. Do not turn or twist the bottle of the cosmetic product in order to prevent damage to the Gun
36. Now proceed to the next leg repeating steps 14 to 35.
37. Once the treatment is completed proceed to perform a manual lymph drainage massage to improve the effects of the treatment. Use the leftover hyaluronic acid on the skin for slip
38. MASSAGE:
39. Start off with a soothing effleurage movement with your hands so that the client can get used to your touch
40. Continue with gradually deeper circular movements by using your fingers
41. All movements should end at the lymph nodes
42. After the circular movements continue to perform drainage movements. Every drainage movement end at a lymph node
43. Continue to perform a knuckling movement on the abovementioned areas
44. End of your massage with soothing effleurage movements
45. All the movements must be repeated 3x
46. Finish your treatment off with the CoolCell After Care Gel that you will thereafter give to the client to take as Home Care
47. Take an 'after' photograph in the exact same lighting and posture as the 'before' picture.
48. Allow the client to put their clothes on
49. While the client is getting dressed write down all notes from treatment (visual observations, etc)
50. Reschedule the client in for a second treatment in 1 week. Maintenance entails one session every week. Initial course recommendations are a course of 4 sessions for a more youthful, longer lasting smoother appearance
51. Explain the homecare product that she will continue to use at home that will last her only 1 week
52. Thereafter to maintain the skin's youthful appearance one session every 4 weeks is recommended

Post treatment

- Drink two glasses of water immediately after the treatment
- Drink plenty of water (at least 8-10 cups a day) for three days following the treatment
- We recommend that the client purchase a professional product to assist their concern
- It is recommended not to take a very hot bath for 12-24 hours after treatment
- Avoid excessive exercise, sweating, hot baths or saunas for three days after the treatment
- Avoid consumption of alcoholic drinks for three days after treatment (alcohol might drain water from the body and skin).
- Avoid sun exposure after and in between treatments –apply high-factor sun protection (SPF >30), and protect the treated area from exposure to direct sunlight for at least one-month post-treatment
- The planning of holidays to the sun in the week after the session is not recommended

53. CONTRA-INDICATIONS

- i. Avoid using the CoolLifting Gun on areas where fillers and/or Botox have been used in the previous 2 weeks
- ii. Consult your Physician if you are pregnant or breast feeding
- iii. Avoid use over cysts, acne, inflammation and lumpy protrusions on the face and other parts of the skin
- iv. Clients who have sensitive skin might develop erythema following a CoolLifting treatment

54. Refer to Annexure A for CoolLifting Gun operations

Treatment Costings explained:

Express CoolCell Treatment (30 minutes) R1 250 .

Course of CoolCell:

Purchase a course of 84 CoolCell and get 2 complimentary NIR Skin Tightening Treatments

CoolCell 50ml Gel – Cream: (to advise clients)

Apply the size of a hazelnut on the area that was treated. Rub for 4 minutes until completely absorbed. After a 1 to 2 minute rest rub again for 2 minutes. The sensation of internal heat can last from 30 -60 minutes

A daily application is recommended, preferably at night

DATE:	UPDATED:
MANAGER SIGN The above information has been explained and demonstrated to the staff member, I have explained the implications of not adhering to set standards and procedures put into place by Management.	STAFF SIGN: The above information has been explained and demonstrated to me, i hereby understand the implications of not adhering to set standards and procedures put into place by Management.