



**IT'S SPECIFICALLY
DESIGNED FOR
OVER-ACHIEVERS**

Redefining Muscle Sculpting



CONSULTATION GUIDE

CUTERA®
FACE + BODY AESTHETIC SOLUTIONS

Redefining Muscle Sculpting

truSculpt® flex is a personalized muscle sculpting treatment that adjusts to your **fitness level, shape, and goals to strengthen, firm, and tone your muscles.**

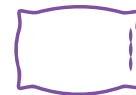
The unique **Multi-Directional Stimulation (MDS) technology delivers three treatment options** by replicating intensified crunch, squat and twisting actions. It's the edge you need to look and feel your best.

Personalized for fitness level, shape, and goals



Ability to treat up to eight areas simultaneously for enhanced body coverage

Three treatment modes to optimize muscle building and sculpting



Comfortable treatment experience with no downtime

Remarkable results in 45 minutes with as little as 4 treatments



truSculpt flex delivers personalized results

Are you looking for that extra edge to strengthen, firm, and tone your body?

truSculpt flex is a revolutionary new way to sculpt your body, no matter your fitness level, shape or goals.

Healthy men and women can benefit from truSculpt flex treatments. During your consultation, our provider will discuss with you if you are a candidate, based on your health and medical history.



How it works

Multi-Directional Stimulation (MDS)

Your provider will customize placement of up to 16 handpieces targeting multiple small and large muscle groups.

Treatment modes simulate different workouts by replicating intensified twisting, squat, and crunch actions.

Mode 1 – PrepCreates a twisting motion to warm up, stretch the muscles and slowly build a tolerance to muscle contractions.

Mode 2 – ToneContracts the muscles, holds them to the point of exhaustion, and then relaxes them to increase strength and enhance endurance.

Mode 3 – SculptFast, deep, sequential contractions of the muscles to build muscle mass and increase basal metabolic rate (BMR).



Pre-treatment consultation

- We'll evaluate your body's symmetry and the areas that bother you, making recommendations to help you get the look you want.
- The consultation may include measuring your body weight, circumference and fat thickness.
- We'll take photographs to help you compare how you look before and after truSculpt® flex.



Preparing for your treatment

- Make sure you're well hydrated prior to treatment.
- Remove jewelry, including any body piercings near treatment area.
- Clean the treatment area, removing all make-up and/or lotions.
- Shave the treatment area as needed.

Please note that treatment areas are marked on your skin before the treatment begins.



What to expect during and after

- Up to eight areas can be treated in one 45-minute session. Remarkable results can be achieved with as little as four treatments. Additional treatments may be required to achieve the personalized results you desire.
- As the treatment begins, patients feel a gentle contraction sensation and, as the intensity slowly increases, the muscle contraction intensifies. The results are even and consistent.
- truSculpt flex is non-invasive, requires no recovery time, and patients are able to immediately return to normal activities after the treatment. Post-procedure, patients may notice tingling in the areas treated for up to a few hours and/or slight muscle soreness or tenderness for 24-72 hours.



truSculpt flex can help you achieve your goals

Fast - Up to eight areas can be treated in each 45-minute session.

Safe - The unique truControl™ technology provides safe and consistent results through targeted, selective, and customizable delivery with less energy needed.

Effective - Three treatment mode options are available to customize the results to each patient's goals.

Muscle thickness increase - Clinical studies have shown an average of 30% increase in muscle mass.¹

Versatile - Best of all, the treatment is personalized for different fitness levels, body shapes and goals.

**4
TREATMENTS
ARE SUGGESTED.**



¹Stephen J. Ronan M.D. A Novel Bio-Electric Current Stimulation Device For Improvement Of Muscle Tone 7/2019.

That extra edge to strengthen, firm, and tone your body

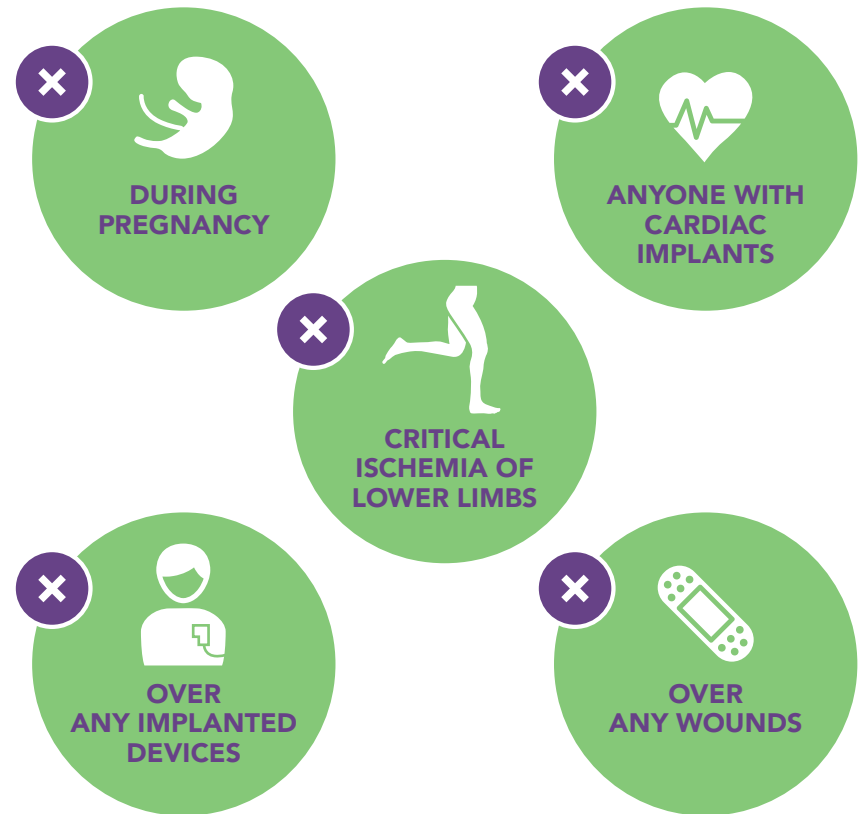
- Maximum results are generally visible 8-12 weeks after the last session.
- truSculpt flex common treatment areas include: abdomen, obliques, buttocks and thighs.



Contraindications

Treatments are not advised in any of the following circumstances:

- Pregnancy
- Cardiac pacemakers, defibrillators, or other implanted metallic or electronic devices
- Epilepsy
- Cancerous lesions
- Acute trauma or fracture
- Recent surgical procedures
- Abdominal or inguinal hernia
- Critical ischemia of lower limbs
- Blood flow deficiencies/venous thrombosis



Contraindications

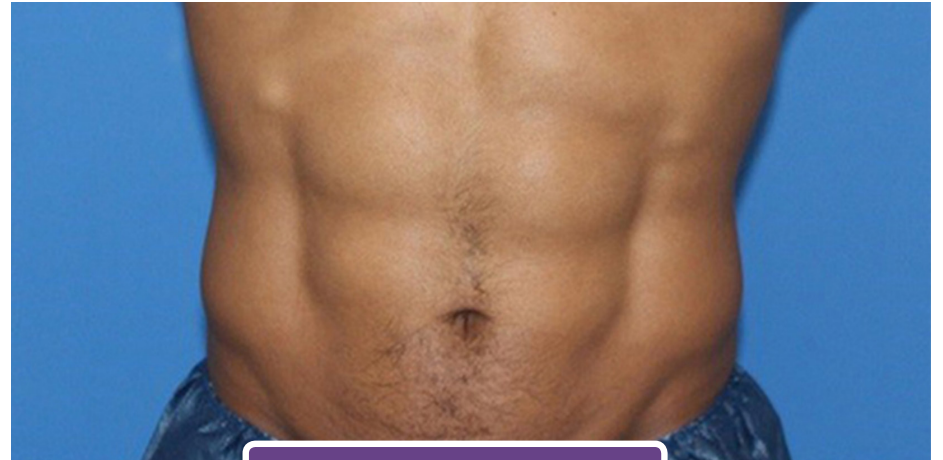
Additional warnings include:

- Do not treat pregnant patients without physician evaluation. Safety of stimulation during pregnancy or delivery has not been established.
- Do not treat patients with known myocardial arrhythmia without physician evaluation.
- Do not treat patients who have chronic conditions in the abdomen, gut or intestinal areas (i.e. Crohn's disease, Colitis, Graves' disease, etc.) without physician evaluation.
- Do not treat the eye area.
- Do not treat over the carotid sinus nerves, particularly in patients with a known sensitivity to the carotid sinus reflex.
- Do not treat transthoracically (on the chest or upper back). The introduction of electrical current into the heart may cause cardiac arrhythmia.
- Do not treat transcerebrally (on the head).
- Do not treat over the neck and mouth. Severe spasming of the laryngeal and pharyngeal muscles may occur, closing the airway and causing difficulty breathing.
- Do not treat over swollen, infected, or inflamed areas or skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins).

Before and After



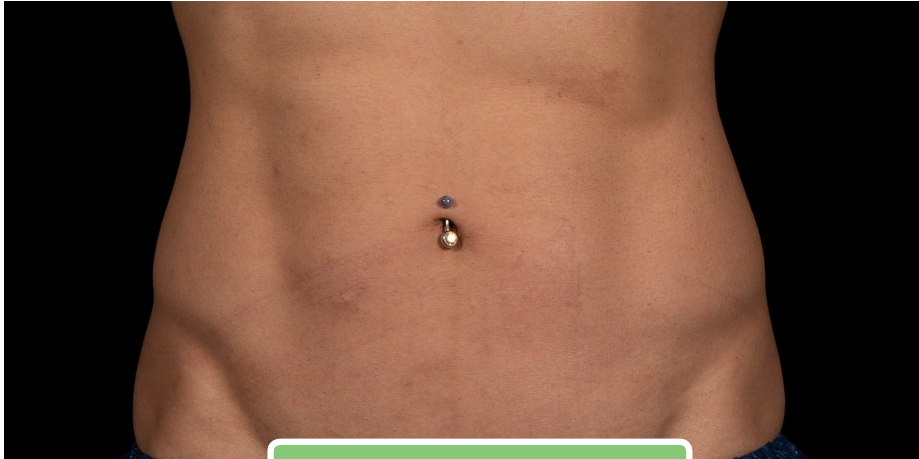
Before



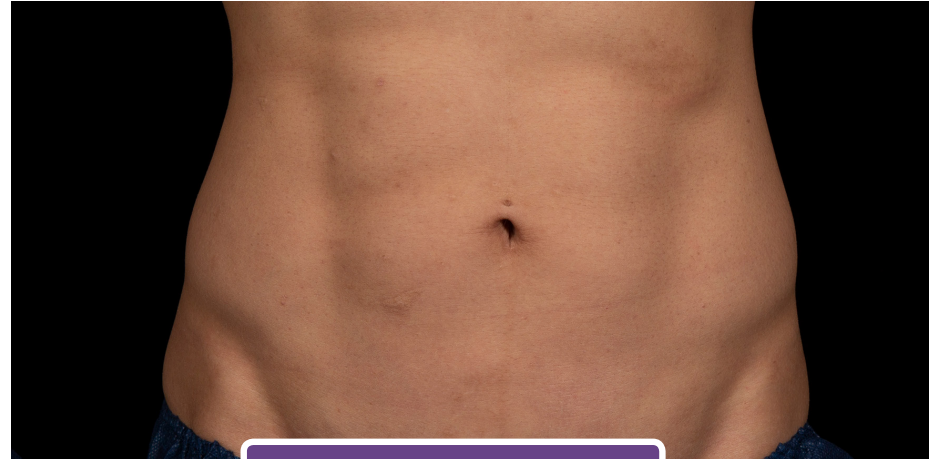
12 weeks after 4 txs

Photos courtesy of Somenek + Pittman

Before and After



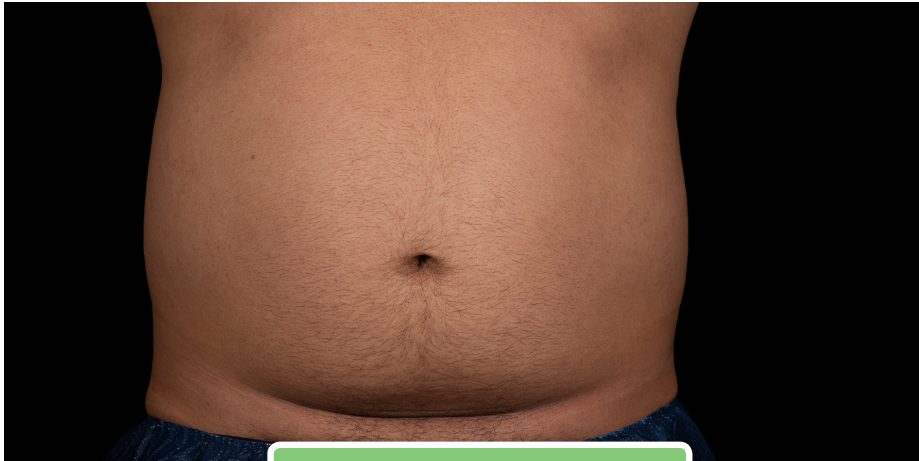
Before



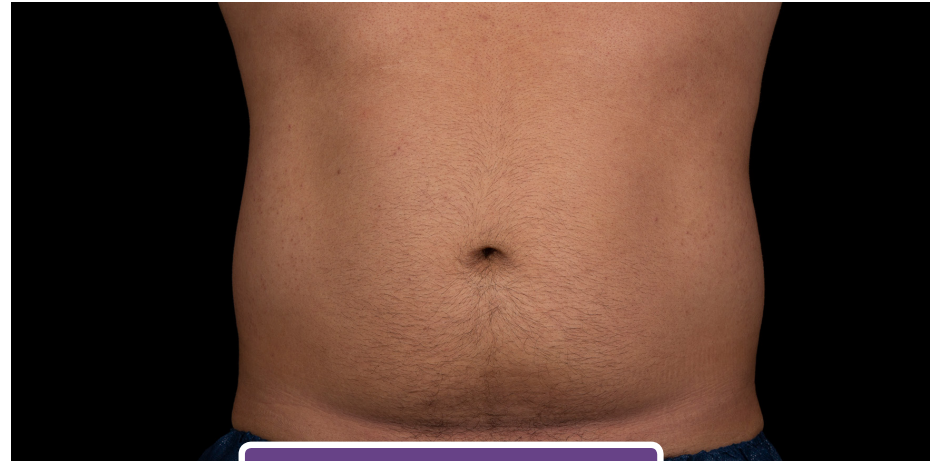
8 weeks after 4 txs

Photos courtesy of S. Ronan, M.D.

Before and After



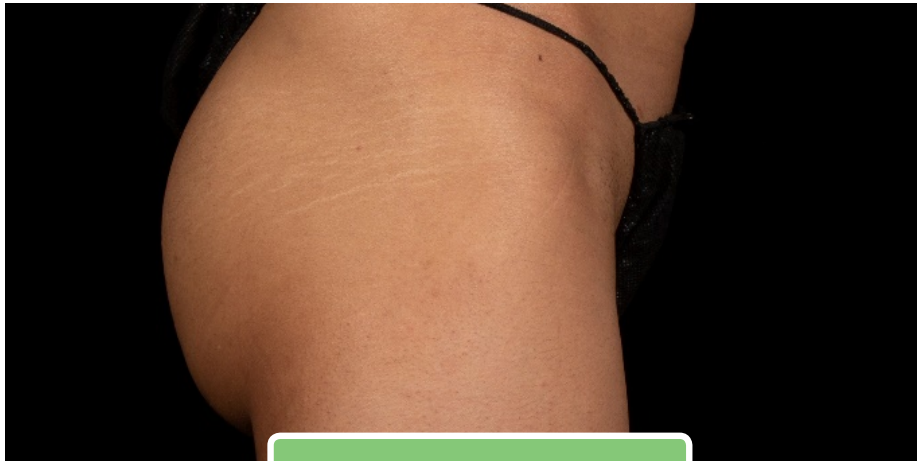
Before



12 weeks after 6 txs

Photos courtesy of S. Ronan, M.D.

Before and After



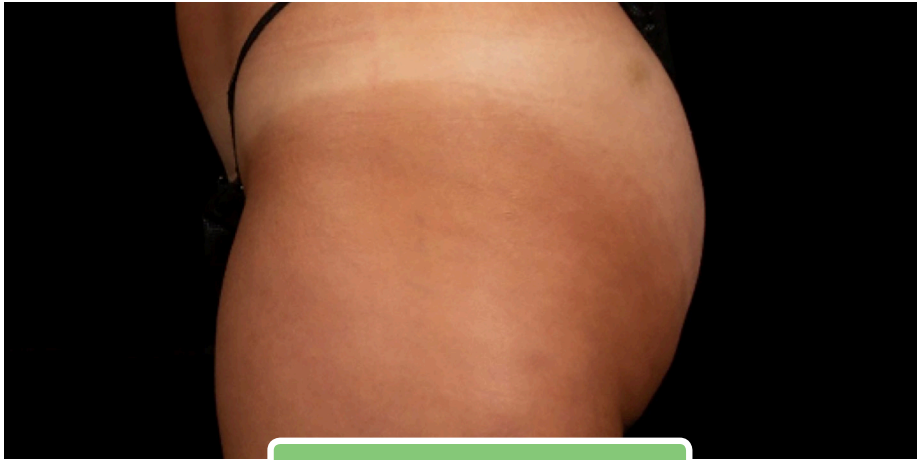
Before



Immediately after 4 txs

Photos courtesy of S. Ronan, M.D.

Before and After



Before



Immediately after 4 txs

Photos courtesy of S. Ronan, M.D.

