



Slim,
shape,
tone!

User Manual

Lipo-Light
body sculpting

Lipo-Light User Manual

WARNING

- This manual does not replace the training supplied by Innovate Photonics or their distributors.
- At all times the user must ensure they act in line with the skills and professional conduct recognised in the country where they work.
- All illustrations used in this manual are intended to help understanding but are not necessarily true to life anatomical representations.
- Some explanations provided and terms used are to aid understanding of the general public and it is not the purpose of this manual to train any user in techniques belonging to other professions.



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Indications and Contra-indications

Below is a list of the main contra-indications. It is your responsibility to question your clients to ensure their health is good enough to undergo a Lipo-Light session. In case of doubt, a medical document confirming the absence of any contra-indications must be drawn up by a doctor and supplied by the client.

Indications

- Localised fat tissue.
- Orange peel skin.
- Water retention, (heavy legs).
- Loose skin.

Contra-Indications

Any of the following medical problems, wherever located on the body.

- Pregnancy
- Epilepsy
- Persons under 18 years old
- Thyroid Gland Dysfunction
- Uncontrolled Hypertension
- Pacemakers
- Cancer
- Radiation Treatment
- Liver/Kidney Disease
- Cardiac Arrhythmias or Heart Disease
- Photosensitivity
- Immuno-suppressed
- Care with dark skin types and tattoos

Techniques

Assessment

Preliminary Assessment

The assessment performed before the first Lipo-Light session evaluates the particular case and enables the practitioner to;

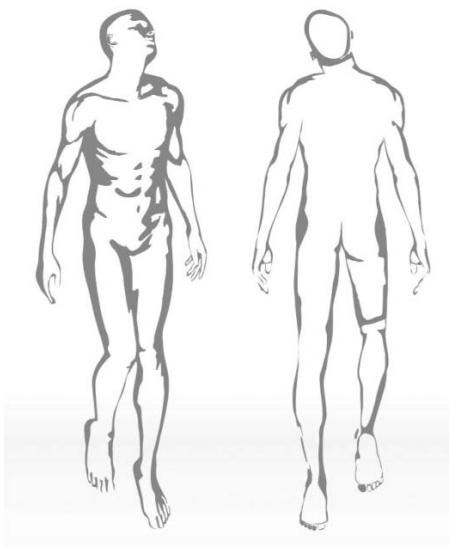
- Get to know the client.
- Identify contra-indications.
- Set targets and objectives.
- Define number of sessions per week.

This assessment has four phases; it should be performed in a standing position.

1. Know (motivation, lifestyle): Refer to the Lipo-Light Evaluation forms.
2. Look and take photographs (photographic evaluation of the body): define targets (see list of indications), morphology (android, gynoid or mixed), proposed treatment area.
3. Identify the type of target (consistency, elasticity, tonicity, thickness).
4. Measure (perimeter, clothes test, impedance measurement, BMI, cellulite level, degree of skin ageing).

A summary of the evaluation should be noted on the Lipo-Light Evaluation form that keeps a record of the evaluation; evaluations will be performed at sessions 1, 4 and 8.

The body drawings on the Lipo-Light Evaluation form can be used to note the areas targeted.



Techniques

Preliminary Assessment (cont'd)

Photographs are taken before and after the sessions (1, 4 & 8), with the same reference points at each evaluation. The photos can be used for comparison purposes to view the results.

Photographs

Photographs are taken with the aid of the optional Lipo Light Photo Chart. This chart simplifies the process and allows photos to be taken in the same position and with the same reference points at each evaluation. Photos taken before and after sessions can also be used to view the results of each session.

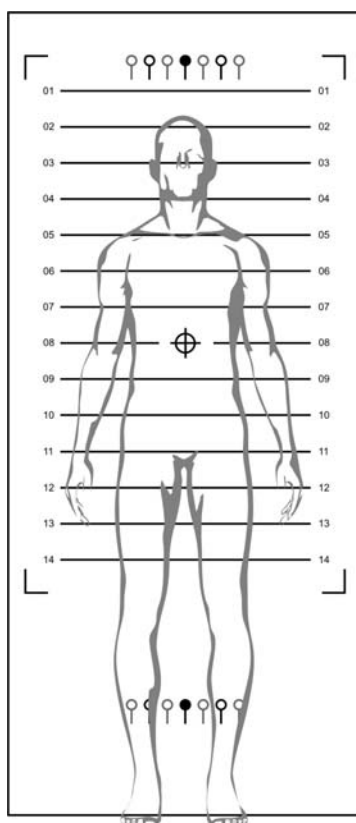


Fig 1.

NB. It is important that the subject is placed in the centre of the Lipo-Light Photo Chart (Fig 1.) and that their big toes are placed in the 'grey' circles of the floor mat (Fig 2) when facing forward and that their big toes are on the centre black line and their outer foot is up against the circles (Fig 3.) when facing sideways, to ensure evaluation photographs are consistent.

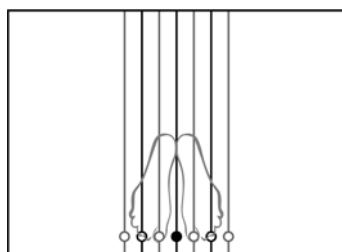


Fig 2.

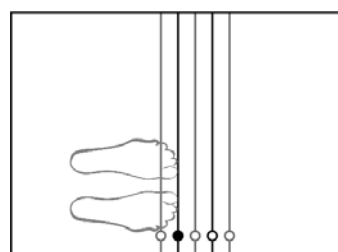


Fig 3.

Programme

Organising a Light Therapy Program

If the client does not exercise enough to burn off the fat released, there is a risk that the unused energy will be restored by the body back into the empty fat cells. The suggested course is eight to ten sessions; these are performed up to twice per week.

Nutritional supplements and the essential exercise regime should be included in the Lipo-Light plan to encourage metabolic activity and support a healthy lifestyle.

The following illustrates a typical treatment profile, 8 sessions are recommended with a possible 2 'top up' sessions in month 2.

Month 1

S	M	T	W	T	F	S
1	2	3	4	5	6	7
			x2			
8	9	10	11	12	13	14
			x2			
15	16	17	18	19	20	21
			x2			
22	23	24	25	26	27	28
			x2			
29	30	31				

Month 2

S	M	T	W	T	F	S
		1	2	3	4	
			x1			
5	6	7	8	9	10	11
			x1			
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

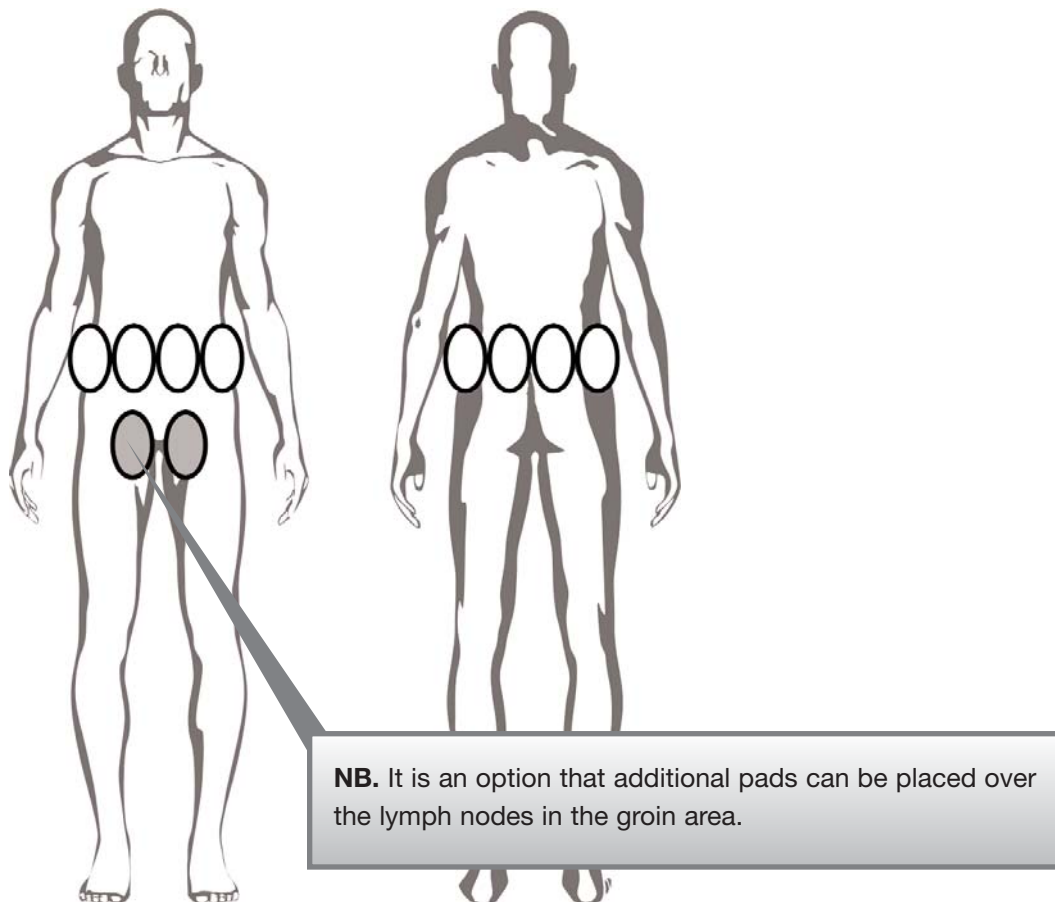
How to operate your Lipo-Light

Set-up

Placement of Treatment Pads

- Lie patient on his/her back.
- Loosely place the adjustable band(s) around the area to be treated.
- Place treatment pads under the adjustable band(s) to cover the treatment area.
- Ensure treatment pads are connected to main unit.

The following diagrams illustrate where pads should typically be placed;



User interface

ON/OFF and Emergency Stop

Once the system has been positioned, plug the system into the nearest wall socket, ensuring that this is not in a walkway or poses a trip hazard. Ensure that the power lead is connected to the power supply and the power supply is connected to the main unit.

To ensure that the Emergency Stop is not activated, rotate in direction of arrow to release. To turn the system on, rotate the Key Switch to the on position. Activating either the Emergency Stop or the Key Switch will disable the system and reset any running timer duration.

Emergency Stop Button



Once the Key Switch is turned to the on position and the Emergency Stop disabled, the system will activate and enter standby mode, the display should now show;



How to operate your Lipo-Light

User interface (cont'd)

Set Treatment Duration



0 Minutes



5 Minutes



30 Minutes

In standby mode the treatment duration can be varied from 5 minutes to 30 minutes in 5 minute increments by pressing the interval select button (Fig 1.) until the required duration is displayed. In treatment mode pressing the interval select button will discontinue treatment and reset the treatment duration to '00'. For best results it is recommended not to exceed a 20 minute treatment duration.



Fig 1. Interval Select Button

Set Treatment Fluence

FLUENCE (Energy) can be set (2 x 8 treatment pads) by simply rotating either selector to one of 4 positions (each knob controls 8 pads):



Fig 2. High Energy Setting

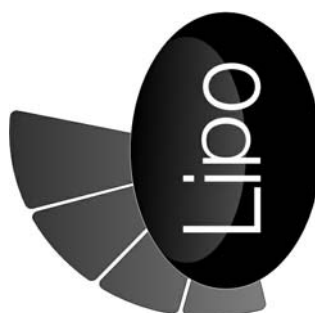


Fig 3. Low Energy Setting

Start/Stop Treatment

Once the desired fluency and duration have been set, treatment may be commenced by pressing the Start/Stop button (Fig 4.). In standby mode this will initiate treatment mode, the timer and the display will indicate that the treatment duration has started by flashing the second indicator.



Fig 4. Start/Stop Button

In treatment mode, pressing the Start/Stop button will discontinue treatment and will pause treatment duration, pressing the Start/Stop button again will continue the timer duration and treatment.

Once the desired duration has elapsed, the main unit will beep and the display will indicate that the timer has finished.

Remove the treatment pads; to minimise cross contamination ensure that each pad is cleaned as defined in the cleaning procedure.

Maintenance

Hygiene and Cleaning

Before cleaning is carried out, please ensure that the system is disconnected from the mains supply. The main unit may be cleaned on a regular basis by wiping down with a slightly damp cloth.

To reduce the risk of cross contamination, the treatment pads should be cleaned before and after each treatment session. Remove any residue on the treatment pad with a slightly damp cloth. Sterilise the treatment pad using a proprietary sterilising fluid or wipe. Soiled materials should be disposed of in an appropriate manner.

NB. Please do not use any cleaning products containing alcohol or solvents as this may damage the system.

Appendices

Installation/Position

Lie patient on his/her back or stomach, place machine on supplied stand or on a suitable flat surface at waist height of patient.



Appendices

Calculating BMI (Body Mass Index)

Weight, divided by height multiplied by height

$$\frac{\text{Weight}}{\text{Height} \times \text{Height}}$$

Weight: kg; height: meters

Body Mass Index	
Less than normal weight	Less than 18.5
Normal weight	18.5 to 24.9
Overweight	25 to 29.9
Obese class 1	30 to 34.9
Obese class 2	35 to 39.9
Obese class 3	Over 40

Body composition tables (Obtained via Impedance measurement)

Women

Age	20-24	25-29	30-34	35-39	40-44	45-49	50-59	60 +
Excellent	18.2%	18.9%	19.7%	21.0%	22.6%	24.3%	26.6%	27.4%
Good	22.1%	22.2%	22.7%	24.0%	25.6%	27.3%	29.7%	30.7%
Mean	25.0%	25.4%	26.4%	27.7%	29.3%	30.9%	33.1%	34.0%
Poor	29.6%	29.8%	30.5%	31.5%	32.8%	34.1%	36.2%	37.3%

Men

Age	20-24	25-29	30-34	35-39	40-44	45-49	50-59	60 +
Excellent	10.8%	12.8%	14.5%	16.1%	17.5%	18.6%	19.8%	20.2%
Good	14.9%	16.5%	18.0%	19.3%	20.5%	21.5%	22.7%	23.2%
Mean	19.0%	20.3%	21.5%	22.6%	23.6%	24.5%	25.6%	26.2%
Poor	23.3%	24.3%	25.2%	26.1%	26.9%	27.6%	28.7%	29.3%

Cellulite scales [Nürnberger & Müller]

Stage 0	No apparent orange peel effect, even with pinch test.
Stage 1	Orange peel effect - only with pinch test.
Stage 2	Orange peel effect when standing, that disappears when lying down
Stage 3	Orange peel effect when standing and when lying down

Appendices

Technical Information

Wavelength	635 +/- 5nm
Power Density	635nm : 400mW per pad (measured at source)
Operation	Continuous
Treatment duration	Up to 30 minutes, increments of 5 minutes
Treatment area	16 x 124 x 65 mm
Delivery system	16 treatment pads, 30 leds per pad
Interface	Tactile buttons, timer display
Cooling	Forced air cooling
Electrical	100 W, 100 - 240Vac, 5.56A, 50-60Hz
Dimensions	430 x 380 x 150 mm
Weight	10 Kg
Temperature	+5°C to +40°C
Relative Humidity	Not to exceed 75% non-condensing
Operating Altitude	0 - 10,000 feet (1060 - 700 kPA)
Ingress Rating	IPX0 - System is NOT protected against the ingress of liquids and should only be used in dry and clean environment

Manufacturer

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