

Contraindications:

As this device uses electrical Stimulation of the muscle, it is **NOT** advised for patients with **pacemakers or defibrillators or other implant electronic devices.**

GDMD needs to know of any metal implants, electronic devices, Active Epilepsy, or Pregnancy as these are relative contraindications. It is NECESSARY to remove metal implements such as piercings and necklaces prior to therapy for your safety.

PRICING FLEX

1 ONE AREA: Area Options ->

a-ABDOMEN b-ANTERIOR THIGHS
c-POSTERIOR THIGHS d-BUTTOCKS

Single Area: one (1) session \$450

Single Areas: Four (4) sessions \$1,700

Single Area: Six (6) sessions \$2,400

2 TWO AREAS:

Two Area: one (1) session \$800

Two Areas: FOUR (4) sessions \$3,000

Two Areas: Six (6) sessions: \$4,200

>>>>MAINTENANCE OPTIONS<<<<

****** FLEX PATIENT CLUB******

CLUB MAINTENANCE OPTIONS

ONE AREA: Single Treatment: \$400

ONE AREA: 4/yr every 3 months \$1,500

ONE AREA: 6/yr every 2 months \$2,100

ONE AREA: 12/yr every 1 month \$3,600

Two Area Single Treatment: \$700

Two Area 4/yr every 3 months \$2,600

Two Area 6/yr every 2 months \$3,600

Two Areas12/yr, every 1 month:\$6,000

See Christina for 3 or 4 TruSculpt Flex pricing options. Remember this requires back to back 45 minute sessions 1.5 hour treatment time

>Couples: May use two area pricing if treating Abdomen at the same time (one patient will need to sit or stand during session.)<

++>> \$25 fee to shave hairy areas: please shave treatment area. Please shave at home if possible !!!!**<<++**

\$75 consult fee will be applied to anyone doing 2 areas for 4 sessions

TruSculpt ID and FLEX COMBINED

> TRUSCUPT ID (6) PADS & TRUSCUPT FLEX (4) FLEX 5% Off

>TRUSCUPT ID (6) PADS & TRUSCUPT FLEX (6) 10% Off

>TRUSCUPT ID 12 PADS And SIX (6) FLEX SESSIONS 15% Off

<https://cutera.com/trusculptflex>

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RealSelf www.realself.com

TruSculpt

FLEX

-SCULPT YOUR BODY

-INCREASE MUSCLE MASS

-INCREASE MUSCLE DEFINITION

-GET GREAT ABS

-GO BEYOND PERSONAL TRAINING ALONE

-Tighten and enhance Abdomen, Anterior thighs, Posterior Thighs, and Buttocks

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GDMD

Greater Des Moines Dermatology

**Timothy Abrahamson, MD 08 2021
Jacob Lorsung PA-C**

TruSculpt FLEX® !!!

We needed an effective treatments that delivered excellent clinical results that are comfortable, safe, fast and without downtime. TruSculpt FLEX® effectively tightens muscle, gives definition, and often goes beyond what you can achieve in personal training. Off labelly, upper arms and calves can be treated but FDA approved for abdomen, thighs, and buttocks.

**>TruSculpt FLEX® uses multi-directional Stimulation (MDS)
MDS is key to maximizing effect by maximizing muscle contraction. This takes advantage of muscle confusion concepts used in weight training.
PREP Mode (twisting muscle)
TONE Mode (Held Contraction)
SCUPLT Mode (fast contraction)**

Competitor devices: the “Emsculpt®” and “Cooltone®” use non-specific electromagnetic fields which have unclear effects on other organs and known changes to brain activity.

www.who.int/peh-emf/about/WhatisEMF/en/index1.html
www.cancer.gov/about-cancer/causes-prevention/risk/radiation/electromagnetic-fields-fact-sheet#what-are-electric-and-magnetic-fields

www.nichs.nih.gov/health/topics/agents/emf/index.cfm
These devices are not able to fluctuate the nature of contraction or maximize contraction. They are also passing EMF through that entire section of the body.

TruSculpt FLEX® does NOT use EMF. Only Cutera TruSculpt FLEX® has MDS!

>TruSculpt ID® can be used to get rid of fat and tighten tissue. TruSculpt FLEX® builds muscle mass and definition. These two devices can complement each other in individuals who are serious about body sculpting and improving their strength, definition, and body composition.

The TruSculpt FLEX® takes only 45 minutes to treat up to two areas simultaneously. This can include Abdomen, Anterior Thighs, Posterior Thighs, or Buttocks. For already moderately exercising individuals, maximal effect is seen 3 months after the 4th session.

The **TruSculpt FLEX®** is a unique as it can be used on prime athletes (4 sessions) all the way down to those individuals that do NOT exercise (6 sessions). There is a PREP mode advised for 1 or 2 sessions for those who do not exercise but still want to get an edge and improve muscle mass and definition. The MDS concept allows for 3 distinct modes for muscle building and toning. It is a comfortable treatment without any downtime. In moderate to high level exercisers, remarkable results are noted in as little as 4 sessions!

Possible responses to therapy can include INCREASED HEART RATE , SKIN IRRITATION, TINGLING/NUMBNESS, DISCOMFORT/ PAIN/MUSCLE SORENESS, BURNS, RANDOM

MUSCLE CONTRACTION, FREQUENT URINATION/BOWEL STIMULATION, and INCREASED HUNGER.

Staying hydrated is important with therapy just like any aggressive work out.

Non-exercisers, sedentary individuals, or frequent road warriors who can't find time to exercise; can still benefit! It is advised to plan for 6 sessions as the prep mode allows muscles in disuse or minimal use to PREP and get ready.

TruSculpt FLEX® has three modes: PREP, TONE, and SCUPLT

PREP MODE: Creates a twisting motion to warm up and stretch muscles and slowly build muscle contractions. This is important in low or no exercise individuals. This is key to individuals that don't do at least moderate exercise 3 to 4 times a week before moving to **TONE** and **SCUPLT**. This mode may also have benefit in muscular individuals as well.

TONE MODE: Contracts the muscle and holds them to the point of exhaustion then relaxes them to increase strength and endurance. This is similar to isometric exercise and slow twitch muscle stimulation.

SCUPLT MODE: Utilizes Fast, Deep, Sequential Contractions of the muscle to build muscle mass and increase basal metabolic rate (BMR). Think fast twitch muscle stimulation.