



# EMPOWER RF

EDUCATION MANUAL

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## OFFERING OPTIONS FOR TODAY'S WOMEN

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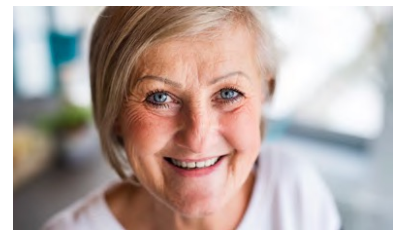
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# EMPOWERRF

## LIFE CHANGING WOMEN'S WELLNESS



EmpowerRF is the most advanced technology available, delivering life-changing women's wellness treatments. We use EmpowerRF daily in my practice to resolve a broad range of female issues. With this one platform, I can address multiple complaints, including stress, urge, and mixed incontinence, vaginal dryness, pain with intercourse, chronic infections, and vaginal laxity. From improving the aesthetic appearance of the vagina and vulva to helping restore basic function and quality of vaginal health, EmpowerRF can cover it all. Plus, with enhanced sensation during intimacy, all women, regardless of age, are potential EmpowerRF candidates.



# SOMETHING FOR EVERY WOMAN

Approximately, 1 out of 3 women over the age of 45, and 1 out of every 2 women over 65 have stress urinary incontinence<sup>1</sup>. A recent study of first time found that some form of female sexual dysfunction was reported in 58% of mothers ONE YEAR after childbirth<sup>2</sup>. The main complaints included insufficient lubrication, abnormal vaginal sensation, vaginal laxity, vaginal tightness, pain with intercourse and incontinence during intercourse.

For 1 in 10 women, sex hurts — every time. A new study, which surveyed nearly 7,000 British women ages 16 to 74, found that women in their late 50s and early 60s were most likely to experience pain during sex, followed by women ages 16 to 24<sup>3</sup>.

1. *National Association for Continence (NAFC)*

2. <https://doi.org/10.1007/s00192-014-2381-2>

3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5638059/>

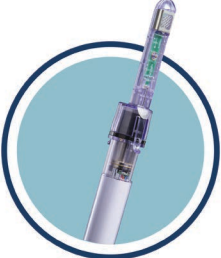


# EMPOWERRF ACCOMMODATES MULTIPLE TECHNOLOGIES



## FORMA *v*

FormaV is a comfortable treatment that provides uniform volumetric deep heating for tissue remodeling with real-time temperature control. The versatility of this RF technology allows the practitioner to provide customized solutions to improve tissue health.



## MORPHEUS8 *v*

Morpheus8V provides intravaginal sub-epithelial remodeling. With a 24 pin matrix of thin gold-coated microneedles and a treatment depth of 3mm, Morpheus8V leverages clinically proven electrocoagulation and fractional bulk heating to deliver temperatures that induce tissue coagulation and collagen contraction.



## *v* TONE

VTone is a gentle, nonsurgical FDA cleared technology designed to provide intravaginal electrical muscle stimulation (EMS) and neuromuscular re-education to rehabilitate weak pelvic floor muscles and improve the symptoms of stress, urge, and mixed urinary incontinence.



## TONE

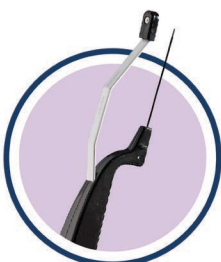
Tone is a non-invasive muscle strengthening technology that works by emitting low frequency pulses delivering electrical muscle stimulation (EMS) to induce involuntary muscle contractions. Patients rest comfortably while Tone targets specific muscle groups to restore abdominal strength without surgery or downtime.



## MORPHEUS8 + MORPHEUS8 *body*

Morpheus8 is a fractional technology for electrocoagulation. RF energy is delivered through bipolar arrays of pin electrodes, and results in localized heating and coagulation of the tissue that is in direct contact with the pins.

Morpheus8 Body delivers deep 8mm subdermal adipose tissue remodeling, through a large surface tip consisting of a matrix of 40 thin gold-coated microneedles, and a thermal profile of 7mm + an additional heat profile of 1mm.



## AVIVA

Aviva is a state-of-the-art treatment designed for electro-coagulation and hemostasis. This minimally invasive technology is designed with extensive safety features to reduce the risk of thermal injury during the remodeling of the soft tissue matrix.



# THE PERIODIC CHART OF EMPOWERRF

	Medical Terminology	Patient Terminology	FormaV	M8V	VTone	Tone	M8 or M8Body	Aviva
Urinary Leaking	Stress Urinary Incontinence (SUI)	Leaking While Running, Jumping, Coughing, Laughing or Sneezing	★★ ⓪	★★★ ⓪	★★	★★		
	Urge Incontinence	Urge to Urinate, Over Active Bladder	★★ ⓪	★★★ ⓪	★★			
	Mixed Incontinence	Urge Incontinence, Leaking	★★ ⓪	★★★ ⓪	★★	★		
	Nocturia	Interrupted Sleep For Urination	★ ⓪	★★★ ⓪	★			
Sensation	Gaping Introitus, Cystocele, Rectocele	Vaginal Laxity	★★ ⓪ ☒	★★★ ⓪ ☒	★★★		if deeper than 3mm	★★★
	Weak Pelvic Floor	Pelvic Floor Weakness	★★ ⓪	★★ ⓪	★★★	★★		
	Decreased Sexual Pleasure (Orgasm)	Decreased Sexual Pleasure (Orgasm)	★★★ ⓪ ☒	★★★ ⓪ ☒	★			★★★
Pain	Decreased Vaginal Sensation	Decreased Vaginal Sensation	★★ ⓪	★★★ ⓪	★			
	Atrophy, Genitourinary Syndrome of Menopause (GSM)	Vaginal Dryness	★★★ ⓪ ☒	★★ ⓪ ☒				
	Dyspareunia	Painful Intercourse	★★★ ⓪ ☒	★★ ⓪ ☒				
	Interstitial Cystitis	Interstitial Cystitis, Bladder Pain, Chronic Bladder Inflammation	★★ ⓪	★★★ ⓪	★			
Aesthetics	Episiotomy or Obstetrical Laceration Pain	Episiotomy Scar or Obstetrical Tear Pain	★★★ ⓪ ☒	★★★ ☒			if deeper than 3mm	★★★
	Vulvar, Labial Laxity	Vulvar, Labial Laxity	★ ☒	★★★ ☒	★★★			★★★
	Dyspareunia due to Labial Hypertrophy	Sexual Pain Associated with Enlarged Labia		★★ ☒				★★★
Infection	Aesthetic Appearance	Aesthetic Appearance	★★ ☒	★★★ ☒	★	★★★	if deeper than 3mm	★★★
	Lichen Sclerosis, Hidradenitis suppurativa, Chronic Candidiasis	Chronic Vulvar Itching, Rash, Acne, Scar, Pain	★★★ ☒	★★★ ☒			if deeper than 3mm	
	Recurrent Urinary Tract Infections	Chronic Urinary Tract Infections (UTI), Bladder Infections	★★★ ⓪	★★★ ⓪				
	Recurrent Vaginal Infection	Chronic Vaginal Infection	★★★ ⓪	★★★ ⓪				

★★★ = Excellent      ⓪ = Internal Treatment  
 ★★ = Great              ☒ = External Treatment  
 ★ = Good

Lined writing area with 18 horizontal lines for notes.



FORMA *v*



MORPHEUS*v*



*v* TONE



TONE



MORPHEUS



MORPHEUS *body*



AVIVA

# PRE AND POST-CARE

	FormaV	M8V	VTone	Tone	M8 or M8Body	Aviva
Pre-Care	Vaginal Estrogen (optional)	Vaginal Estrogen and Carboxy Mask for Severe Atrophy (optional)				
Pain Management	23/7 Topical Numbing (optional)	23/7 Topical Numbing Internal and External Pronox (optional) Xanax (optional)	none	none	25ml 2% Lidocaine, 10 ml of Bicarb, 1/2 Ampule of Epinephrine in 500 ml of NS	25ml 2% Lidocaine, 10 ml of Bicarb, 1/2 Ampule of Epinephrine in 500 ml of NS
Post-Care	Barrier Cream	Barrier Cream	none	none	Barrier Cream	Barrier Cream Compression Wear for Swelling (Spanx)
	Pelvic Rest - 2 Days	Pelvic Rest - 2-7 Days			Pelvic Rest - 2-7 Days	Pelvic Rest - 14 Days
Post-Care Optional	Vaginal Estrogen, PRP, Exosomes	Vaginal Estrogen, PRP, Exosomes  Carboxy Mask for Severe Atrophy			Vaginal Estrogen, PRP, Exosomes  Carboxy Mask for Severe Atrophy	



CONSULT WITH THE INMODE QUICK REFERENCE GUIDE FOR TREATMENT PARAMETERS



# PATIENT SAMPLE CASE 1

Urinary Leaking

Sensation

Pain

Aesthetics

Infection



**Patient Demographics:** Caucasian female

**Symptoms:** Stress Urinary Incontinence, Sensation, Pain

**Technologies Used:** VTone

**Sessions:**

**Outcome:**

VTone provides intravaginal EMS and neuromuscular re-education, acting as a functional strengthening device for the pelvic floor. It rehabilitates muscles loosened and weakened from the stresses of pregnancy and childbirth, hormonal transformations associated with menopause, and life's daily movements of straining, lifting, and pushing.

VTone stimulates and strengthens the pelvic floor, which improves the urethra and vaginal canal support. By strengthening the pelvic floor, VTone helps reduce the symptoms of stress urinary incontinence. A toner, less lax bladder also reduces irritation to the bladder and helps reduce urinary urgency and frequency.

VTone decreases the gaping effect of the pelvic muscles, improving sensation with intercourse for both partners as the muscles can engage more. A tighter, more toned vaginal canal makes orgasm more effortlessly to achieve and more sensational.

VTone works to improve post-surgery or post-pregnancy outcomes by rehabilitating strained muscles. It can be used as a pelvic floor exercise adjuvant to prevent future urinary incontinence and weakness.

Women should think of VTone as a WORK OUT for the pelvic floor. Its benefits are relevant for women in their 20's up to their 80s and every age in between.

Session	Technology	Energy Level	Cut Off Temp (°C)	Treatment Time (mins)		Pulses
				Internal	External	
1-6	VTone					



Scan for Contraction Video



# PATIENT SAMPLE CASE 2

Urinary Leaking



Sensation



Pain



Aesthetics



Infection

**Patient Demographics:** 66 year old Caucasian female

**Symptoms:** Stress Urinary Incontinence, Frequency, Urge Incontinence, Overactive Bladder (has Nocturia 4-5 times per night), Dyspareunia (Pain), Vaginal Dryness (GSM), Vaginal Atrophy and Laxity

**Technologies Used:** FormaV & Morpheus8V

**Sessions:** 3 sessions 4 weeks apart. Plans on annual maintenance.

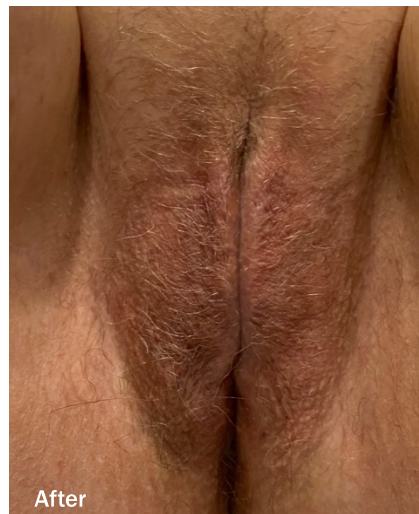
**Outcome:** Patient stated urinary improvement was "life changing". Patient went from urinating 4-5 times per night to only once per night and can get 6 hours of sleep before needing to urinate. Urgency resolved during the day and return of sensation with intercourse. Improved aesthetic appearance.

Session	Technology	Energy Level	Cut Off Temp (°C)	Treatment Time (mins)		Pulses
				Internal	External	
1	FormaV	37 5.5 kJ	43 °C	10	10	
	Morpheus8V 3,2 and 1mm	3 mm and 2 mm deep at 30-35, 1 mm deep at 30. 2 passes at each layer.				507
2	FormaV	37 4.8 kJ	42 °C	5	5	
	Morpheus8V	3 mm and 2 mm deep at 35-40, 1 mm at 30, 2 passes at each layer.				577
3	FormaV	39 4.6 kJ	42.5 °C	5	10	
	Morpheus8V	3 mm and 2 mm deep at 35-40, 1 mm at 30, 2 passes at each layer.				414



Before

Post 3 Sessions, 2 Months



After

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# PATIENT SAMPLE CASE 3

Urinary Leaking

Sensation

Pain

Aesthetics

Infection



**Patient Demographics:** 66 year old Caucasian female

**Symptoms:** Extensive Vulvar Irritation, Combination of Chronic Candidiasis, Lichen Sclerosis via Vulvar Biopsy. Patient also with SUI and Dyspareunia due to the Chronic Inflammation.

**Additional Background:** Patient presented to office sitting on ice pack due to pain and burning sensation. Previously treated with multiple rounds of Diflucan, Nystatin Oral, Nystatin Cream, Steroid Creams without any resolution of symptoms.

**Technologies Used:** FormaV (internally to vaginal canal and externally to vulva, mons, perianal area, and groin) & Morpheus8 (vulva, mons, perianal area, and groin)

**Sessions:** 3 sessions 3-6 weeks apart. Plans on annual maintenance.

**Outcome:** Patient has complete resolution of itching and irritation, no longer using any creams or taking any oral anti-fungals. Patient had been in chronic pain and all pain resolved. Patient with significantly improved aesthetic appearance, resolution of dyspareunia, able to have intercourse for first time in 12 years, and resolution of SUI. Patient no longer wears pads.

Session	Technology	Energy Level	Cut Off Temp (°C)	Treatment Time (mins)	
				Internal	External
1	FormaV	38 @ 7.0 kJ	43 °C	8	10
	Morpheus8 24 Pin Coated (Fractora)	25 - 2 passes			
2	FormaV	40 @ 8.3 kJ	43 °C	10	17
	Morpheus8 24 Pin Coated (Fractora)	30 - 2 passes			
3	FormaV	40 @ 4.7 kJ	43 °C	10	17
	Morpheus8 24 Pin Coated (Fractora)	25 - 2 passes			
Maintenance	FormaV	7.0 - 7.3 kJ	43 °C	10	10
Maintenance	Morpheus8	4mm deep 35 double pulse 3mm deep 35 double pulse 2mm deep 30 double pulse 1mm deep 25 single pulse			

Optional: Additional exosomes applied



Post 3 Sessions, 3 Months

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# PATIENT SAMPLE CASE 4

Urinary Leaking    Sensation    Pain    Aesthetics    Infection



**Patient Demographics:** 65 year old Caucasian female

**Symptoms:** Patient previously had undergone FormaV and Morpheus8V for SUI, urge incontinence, vaginal laxity and decreased sensation during intercourse (no photos taken). For this session, the patient wanted to address her labial laxity visualized in work out clothes and bathing suits. Genital Laxity and Hypertrophic Labia.

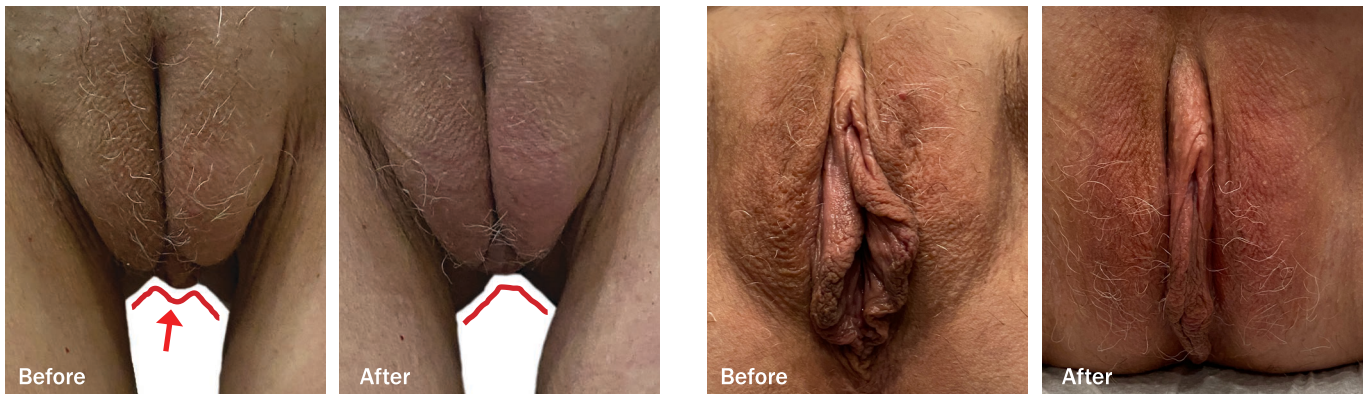
**Technologies Used:** viva & Morpheus8V (photos below); Previously FormaV and Morpheus8V (no photos taken)

**Sessions:** 1 session Aviva, 3 sessions of Morpheus8V

**Tumescent:** 25ml 2% Lidocaine, 10 ml of Bicarb, 1/2 Ampule of Epinephrine in 500 ml of NS

**Outcome:** At 2 months post procedure, patient had improvement in aesthetic appearance with less laxity or bulging. Patient also reported increased sensation during intercourse due to the improvement in vulvar tone. Expect continued improvement over the next 4 months.

Session	Technology	Zones Treated	Energy Level	Cut Off Temp (°C)	
				Internal	External
1	Aviva	Mons Clitoris Left Labia Minora Right Labia Minora Left Labia Majora Right Labia Majora	0.7 kJ 0.4 kJ 0.9 kJ 0.7 kJ 0.5 kJ 0.5 kJ	58-65	38
		Total kJ Delivered	3.7 kJ		
1,2,3	Morpheus8 24 Pin Coated	4mm - Double Stacked 2 Passes 3mm - Double Stacked 2 Passes 2mm - Double Stacked 2 Passes 2mm - Double Stacked 2 Passes	40-45 30-45 30-45 30		
		Total Pulses = 432			



Post 1 Aviva and 3 Morpheus8V, 2 Months  
Standing and Supine

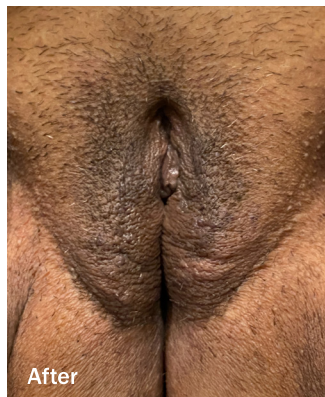
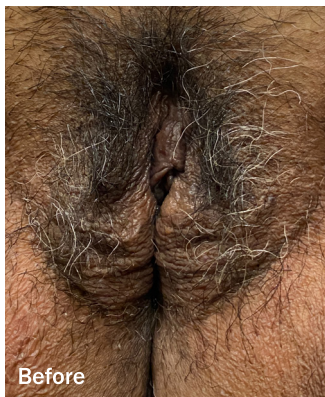
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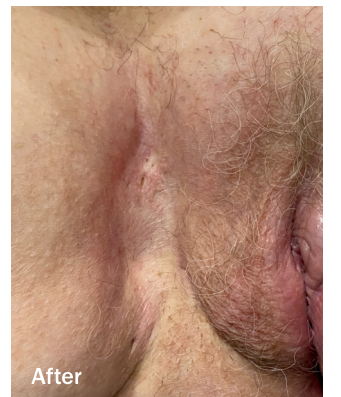
**Aviva and Morpheus8, 1 Month**



**Morpheus8V and FormaV, 3 Months**

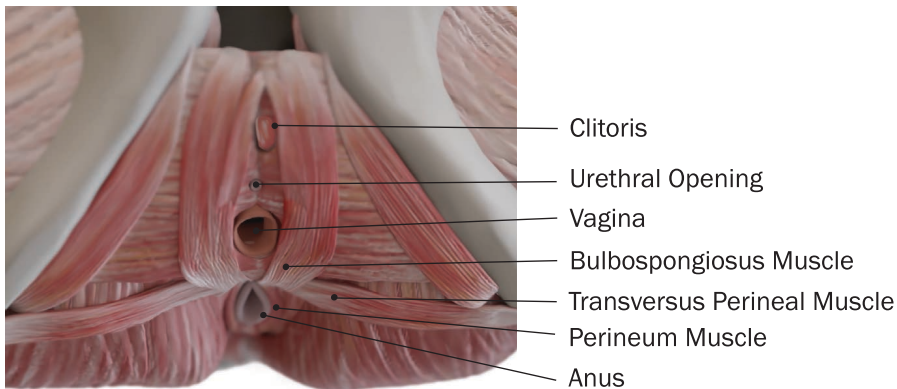
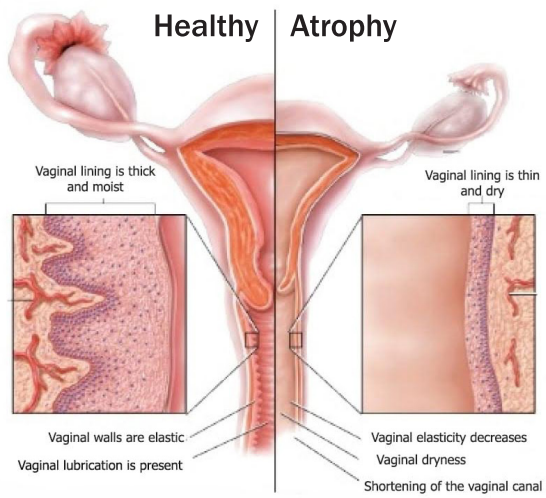
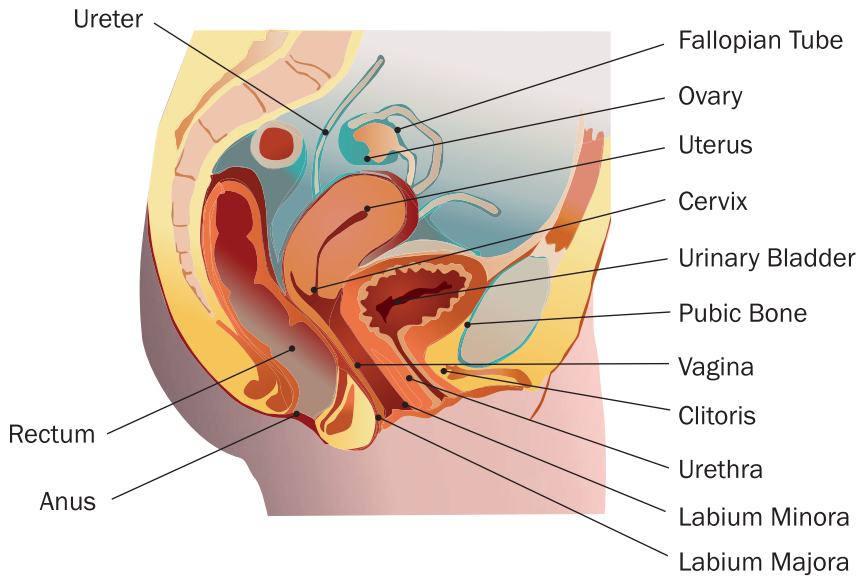


**Morpheus8V and FormaV, 1 Month**  
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**Morpheus8 Body, Right Labia Majora**

# REFERENCE IMAGES



# ADVANCED WOMEN'S CARE PATIENT REVIEWS:

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EmpowerRF has a meaningful impact on the quality of life for women everywhere.

## URINARY LEAKING

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EmpowerRF has let me sleep through the night again, this alone makes the procedure worth it, but it also does so much more. - *CG*

From getting up 8 times per night down to 2 times per night after one treatment! That's a Godsend, I don't know what to do with all this sleep! - *SH*

It's better than the medicines that dry you out, my urgency is gone and I don't have to deal with a dry mouth or dry eyes! - *Anon*

I love that I was able to get rid of my poise pads, I feel confident again. - *Anon*

## SENSATION

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I can enjoy my intimate relationship again for the first time in years. - *BS*

I tried everything in the past and this is by far the best results I have gotten ! My partner also has a better experience with my improved sensation. I feel sexy and youthful again. - *MG*

After my divorce, it is so exciting to have sex with my new boyfriend and not worry about leaking. Plus it feels better, but that also could be my new boyfriend, LOL. - *LM*

## PAIN

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I have been suffering with Lichen Sclerosus for years, I had lost hope of finding anything to take away the pain and dryness. This has changed my life. I moved and will continue to drive 7 hours for this treatment. - *DP*

Sex is fun again - *KL*

## AESTHETICS

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The Tone for my abdomen not only helped my core strength and appearance after having my 9 pound baby, it helped me not leak too. I had such a better post partum recovery with the Tone then with my other pregnancies. I felt better , looked better, and ended up losing more weight because of this . - *KL*



**Disclaimer**

This manual is for informational and educational purposes only and reflects on the experiences from Dr. Tracy Blusewicz's clinical interactions. It is not intended to be a substitute for each physician's professional judgement or treatment.

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