INNER THIGHS



Applicators Required	Flex, Curve, Curve Plus, or Flat
Client Position	Laying on back or seated position. Treated leg bent to the side.

Clinical Tip

Perform a thorough assessment with the patient standing and supine to evaluate fat distribution, skin laxity, and pinch thickness. Inner thighs commonly exhibit excess or lax skin that may limit outcomes. Palpate and mark treatment zones, noting areas of sagging or crepiness; avoid treating segments where significant skin redundancy or poor skin quality would contraindicate isolated fat-reduction. Choose an applicator that provides full contact without dragging skin, confirm a secure seal, and counsel the patient about realistic expectations if skin tightening is limited.

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Step-by-Step Placement

STEP 1



Position the client supine on the treatment bed.

Gently abduct the knee and support it with a pillow or bolster for comfort and stabilization. Ensure the treatment area is exposed and appropriately draped.

Clinical Tip

✔️ *Treat one inner thigh at a time for client comfort and precise placement.*

STEP 2



Apply the antifreeze membrane over the marked treatment area.

Carefully smooth out any air bubbles or creases to ensure full and even contact with the skin.

Confirm that the entire target fat deposit is completely covered by the membrane.

Clinical Tip

✔️ *Antifreeze membrane should extend 1-2cm beyond the applicator cup edge.*

STEP 3





Position the first applicator cup over the peak of the treatment area, aligning the centre of the cup with the marked treatment zone.
Press firmly to establish an initial seal before activating the vacuum. Press the control button once to initiate vacuum suction and confirm the client's comfort level.
Repeat this placement procedure for all additional applicators as required.

Clinical Tip

✔️ *Avoid positioning applicator cups directly over the navel or any bony prominences.*
To maintain effective overlap and treatment quality, do not overcrowd a single body area with multiple applicators at once.

STEP 4



Set the treatment timer in accordance with the relevant protocol (typically 45 minutes).

After approximately 20–30 seconds, the operator may adjust the vacuum pressure as required and switch between P1 and P2 modes.
Pressing the control button a second time will pause the treatment and stop the timer. Pressing it again will resume treatment and the timer will continue from the paused time.

Monitor and confirm the client's comfort throughout the procedure. A mild pulling sensation is normal at the start of treatment. The client may also experience a burning or tingling sensation as the treatment area cools.

Clinical Tip

✔️ *Initial discomfort should gradually subside as the area becomes numb from the cooling process, typically within approximately 5 minutes.*

STEP 5



When the timer has finished, remove the applicator and gel membrane. Immediately perform a firm massage to the treated area for approximately 2 minutes to rapidly rewarm the tissue. This assists in further disrupting the fat cells and supports their natural elimination from the body.

Some clients may experience lightheadedness or dizziness as the tissue rewarms. If this occurs, offer water and a light snack, position the client lying flat, and elevate the legs until the sensation has resolved.

Record all treatment parameters and document any client feedback or adverse sensations in the client's treatment file.

Clinical Tip

✔️ *Massage is essential while the fat cells remain in a frozen state. Consider staggering the start of multiple applicators by approximately 2 minutes to allow adequate massage time for each treatment area. Use a timer to ensure that a full 2 minutes of firm massage is completed for every applicator site.*

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ALTERNATIVE PLACEMENTS

Alternative Placements

Alternative placements and applicators for the inner thighs are chosen to accommodate variations in pocket size, tissue depth, and skin laxity, ensuring full contact, an effective seal, and optimal treatment coverage while avoiding areas of poor skin quality.

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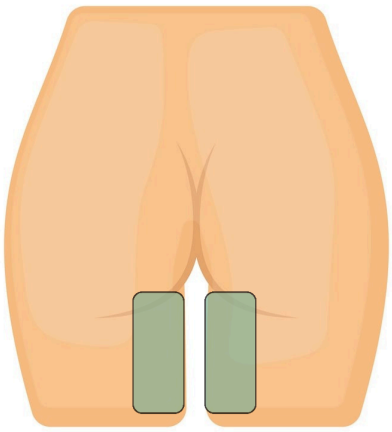
1. **Flat x 1**

A single flat applicator placed vertically is the most common configuration to match the typical width and length of the inner-thigh fat pocket.

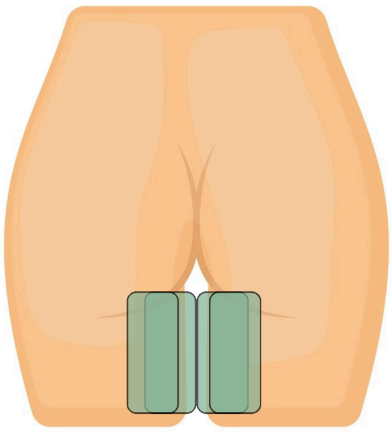




2. **Flat x 2 per leg**

If the pocket is wider, use two flat applicators stacked side-by-side with slight overlap to ensure complete coverage and uniform cooling.

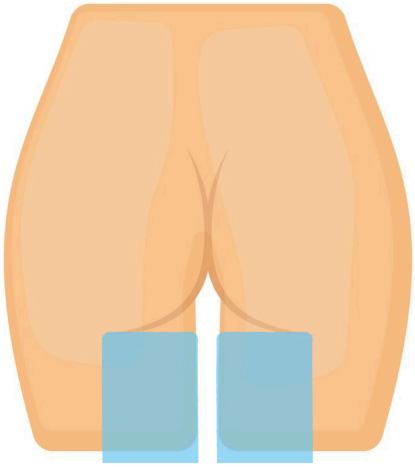




3. **Flex x 1**

For larger pockets and wider thighs, select the Flex applicator to encompass greater length and girth while maintaining full tissue contact and an effective seal.

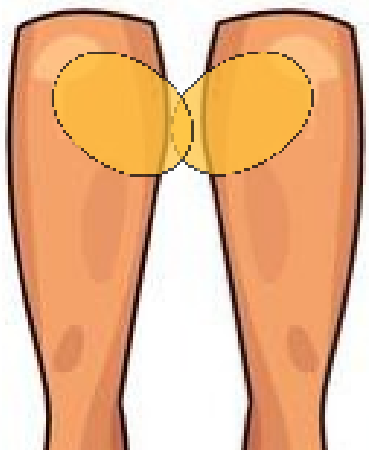




4. **Curve or Curve Plus horizontally**

If the fat pocket sits more horizontally across the upper inner thighs, place a Curve or Curve Plus applicator horizontally to align with tissue orientation and ensure full contact, coverage, and an effective seal.





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