

Exilis Ultra 360's F-Tip Changes the Game for Periocular and Facial Revitalization

By Kevin A. Wilson, Contributing Editor



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As a unique, non-invasive aesthetic device simultaneously transmitting monopolar radiofrequency (RF) and ultrasound energy, the Exilis Ultra 360 platform from BTL Aesthetics (Boston, Mass.)

sets a new standard for non-invasive shaping and tightening indications. The device is safe and effective with no pain or downtime, and only a minimal consumables cost associated with treatment. Users can address some of the most highly sought aesthetic applications with Exilis Ultra 360, and with its new F-Tip attachment physicians can treat even smaller areas such as the periocular region, a vital component of global facial revitalization procedures.

By combining RF and ultrasound in the Exilis Ultra 360, therapeutically relevant temperature targets are met, and patients can enjoy a safe and comfortable

treatment with a reproducible and consistent result. As Suneel Chilukuri, M.D., a cosmetic surgeon and medical director of Refresh Dermatology in Houston, Texas, explained; "Tissue impedance causes heating when the RF current passes through it, allowing non-invasive heating even a few centimeters deep. The ultrasound component enhances processes at the cellular level for more uniform heating, and delivers comfortable treatment for the patient."

Depth of heating is partially managed by cooling which, in this case is a key aspect contributing to the successful outcomes. "By modulating controlled Peltier cooling, the depth of effect can be further dialed in to heat skin superficially and induce collagen remodeling, or go deeper to heat underlying tissue," Dr. Chilukuri continued. Other features include real time temperature monitoring and Impedance Intelligence feedback-driven control of energy delivery. "Together, the Exilis Ultra 360 technology helps us effectively and safely treat anywhere on the skin at different depths, and it is painless." The effects of Exilis RF have been demonstrated in literature.¹

With the Exilis Ultra 360, practitioners can treat the abdomen and flanks, back,

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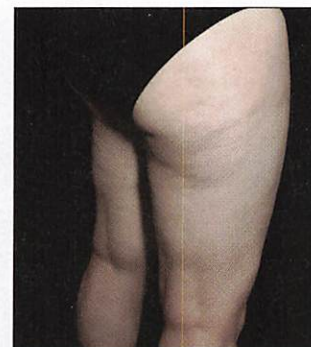


Before and four months after two BTL Exilis ULTRA treatments
Photos courtesy of Suneel Chilukuri, M.D.

supply), as well as waste removal and drainage. While BTL Cellutone may be used as a stand-alone therapy, it is best and most often used to enhance treatment with BTL Vanquish ME or even BTL Exilis Ultra. Among other benefits, the combination causes more rapid onset of results, which patients love. “This is an integral part of our regimen, and we typically use it before and after most BTL Vanquish ME applications, as well as after the BTL Exilis system.”

The dual-action RF and ultrasound of BTL Exilis Ultra relies on RF to shape the body and tighten skin, with the ultrasound component enhancing processes at the cellular level for uniform heating, and delivering a comfortable treatment for the patient. The effects of Exilis RF have also been scientifically demonstrated.² Variable Peltier cooling not only protects the skin, it helps modulate treatment depth for therapies. Energy Flow Control (EFC) technology guarantees consistently optimal energy delivery via on-board monitoring and adjustment of energy output, assuring both top outcomes and comfort for patients. “As far as consistency goes, the RF output of the BTL Exilis system is the most consistent I’ve ever seen, in my experience,” Ms. Krempa stated. Users can employ the larger standard applicator for the body, a smaller standard applicator for areas such as the face and neck, or the finer F-Tip for pinpoint accuracy suitable even for periocular use.

Largely, patients’ experiences with Body By BTL are universally positive, according to Ms. Krempa. “So far we’ve seen excellent results overall,” she said. “Patients undergoing BTL Vanquish ME plus BTL Cellutone definitely tend to be satisfied, but the happiest are those who receive BTL Exilis treatment as well. For those who underwent BTL Exilis therapy for tightening and / or cellulite, we have 100% patient satisfaction up to this point.” The experience of undergoing treatment itself is also positive. “Patients using BTL Vanquish ME, for example, tend to report that it’s pretty relaxing and comfortable. We thoroughly explain every aspect of the procedures and results, underpromising and overdelivering, so that there are no surprises, but the basic safety and



Before and after two BTL Exilis ULTRA and BTL Cellutone treatments for cellulite given two weeks apart
Photos courtesy of Suneel Chilukuri, M.D.



54 year old patient before and after five sessions of BTL Vanquish ME and Cellutone given one week apart
Photos courtesy of Shelena Lalji, M.D.

comfort of Body By BTL devices makes this easier.”

Owing to its non-invasive nature and the modalities employed, Body By BTL treatments are also highly suited for use with other technologies, and not just other body sculpting modalities. Bay Area Body is a top provider of cryolipolysis, so it’s no surprise that BTL technologies have been safely and easily used by the staff in conjunction with that popular therapy. The BTL Exilis system is regularly employed after cryolipolysis to enhance the fat reduction result and especially for tightening. “Cryolipolysis is a great modality, but it’s not for everybody, and by its mechanism of action there’s no chance of additional tightening other than whatever skin contraction the patient obtains naturally, so tightening with the BTL Exilis system can make a big difference.”

“We combine BTL Exilis Ultra with some of our older modalities such as fractional array bipolar RF for additional tightening and toning of the skin as well, for example,” Ms. Krempa expressed. She also reported using the injectable poly-L-lactic acid filler with BTL Exilis Ultra in

cases of severe cellulite, where spot volumization is needed to augment the result.

Bay Area Body is known as a hub for body sculpting expertise and technology, and Body By BTL is a big part of that. More important than the hype surrounding a brand name technology, Ms. Krempa explained, are the results you achieve, and what that says about your practice. “We focus on our own marketing and branding, using pictures of patients we’ve actually treated, and those results position us as experts. Patients know we offer top treatments using successful technologies like Body By BTL, and it is one of the many reasons they may choose us, but it is their confidence in the outcomes that brings them in the door and keeps them coming back.”

References:

1. Hayre N, Palm M, Jenkin P. *A clinical evaluation of a next generation, non-invasive, selective radiofrequency, hands-free, body-shaping device.* *J Drugs Dermatol* 2016;15(12):1557-61.
2. McDaniel D, Weiss R, Weiss M, et al. *Two treatment protocol for skin laxity using 90-Watt dynamic monopolar radiofrequency device with real time impedance intelligence monitoring.* *J Drugs Dermatol* 2014;13(9):1112-7.



Before and after four BTL Exilis Ultra 360 and F-Tip treatments to face and neck given two weeks apart
Photos courtesy of Shelena Lalji, M.D.



Before and after four BTL Exilis Ultra 360 and F-Tip treatments to lower face and neck given two weeks apart
Photos courtesy of Shelena Lalji, M.D.



“Exilis Ultra 360’s F-Tip has created a new standard of facial revitalization that’s complete, consistent, easy and safe to perform.”

arms, legs, as well as the face, neck and décolleté. The F-Tip rounds out and completes the puzzle. Dr. Chilukuri noted that the F-Tip is designed especially for small regions such as around the eyes. “The shape of the tip is more ergonomic so it is easy to maneuver when treating around the eyes, and allows us to be much more accurate,” he explained. “It also enables us to easily see the area we’re treating. With Exilis Ultra 360’s F-Tip we can easily, safely and effectively treat right up to the eyelash margin from the orbit, so it makes everything easier for both the physician and the patient.”

According to Dr. Chilukuri, treatment of the periocular region, including the upper and lower eyelid areas, has a profound impact on overall facial outcomes; patients even come into the practice solely to get rid of bags under the eyes because the tired, worn look does not reflect how they truly feel. “People feel as if their eyes are the window into their world, it’s the first thing they see when they look into the mirror, and what people notice right away. When performing overall facial treatment we’re always in danger of a poor outcome if we treat the whole face, but the periocular region is noticeably different. And

while we can do wonderful things with fillers, for example, you simply cannot address the fine lines and creases without a laser or some kind of peel,” he said.

“With Exilis Ultra 360’s F-Tip we can do this non-invasively, without concern of causing injury to nearby delicate structures.” The lack of pain and downtime make Exilis Ultra 360’s F-Tip even more attractive to patients. “There is no pre-treatment protocol, patients just walk in, we treat them and they’re walking out to their car in 20 or 30 minutes, looking and feeling great.”

There is an immediate and long-term effect, which is very satisfying for patients. “Patients return in about two weeks for another session, and that should do it,” Dr. Chilukuri stated. “The active inflammation that is still present and working its magic after the first session is built upon during the second application, so the tissue is more susceptible to treatment and will achieve greater improvement. It’s a situation where one plus one equals four. The second session further enhances what’s going on with the production of new collagen and elastin.”

Finally, F-Tip presents enhanced safety when treating in the periocular region with Exilis Ultra 360, whereas with lasers you need eye shields, which are sometimes challenging for the patient to tolerate. “This opens up treatment to a wider variety of specialties,” Dr. Chilukuri said. “Eye and vision safety are of paramount importance when treating; lasers and other procedures of that caliber require a lot of training and experience even to treat normally, and more so if you plan to work around the eye, so not only were there fewer clinicians capable of safely and consistently treating patients, they were not as accessible. Exilis Ultra 360’s F-Tip allows us to treat to the eyelash without the risks we’d encounter when using a laser or TCA peel, and more users can do this safely so more patients can undergo treatment, creating a new standard of facial revitalization that’s complete, consistent, easy and safe to perform.”

Reference:

1. McDaniel D, Weiss R, Weiss M, et al. Two treatment protocol for skin laxity using 90-Watt dynamic monopolar radiofrequency device with real time impedance intelligence monitoring. *J Drugs Dermatol* 2014;13(9):1112-7.

ULTRA Femme 360 Continues to Thrive in Burgeoning Marketplace

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ULTRA Femme 360 from BTL Aesthetics (Boston, Mass.) capitalizes on the growing capabilities of the already successful Exilis Ultra 360 to deliver consistent, uniform radiofrequency (RF) heat in an internal and external vaginal therapy that women and physicians love. And as clinician experience with the technology grows, so do the good reports.

Kimberly Evans, M.D., an OB/GYN in Houston, Texas, is on the leading edge of adopters with a full-service practice geared toward her passion for women's health and wellness. "A near-ideal cultural

climate for this therapy has arrived," she said, "and none too soon. Women have a stronger voice than ever before and this sort of previously private topic is more easily discussed now. As women, we are expected to fill traditional roles in addition to having careers, etc. With the world rapidly changing around us, our quality of life is increasingly important."

"What we've been told and sold for generations is that certain women's health issues are a part of life to be accepted and endured. This is no longer true," Dr. Evans continued. "Women want emotional and physical health as well as active sex lives into their golden years now, and with treatments like ULTRA Femme 360, they can have it."

What ULTRA Femme 360 does is apply tried and true RF to the vaginal wall or external genitalia with dedicated disposable treatment tips. These tips are made of biocompatible material that provides the most comfortable procedure possible, and are designed specifically for internal or external vaginal use. The result

is improvement in local blood supply, leading to other potential medical and aesthetic outcomes. Internally, 360° emission of energy means thorough, consistent treatment of the vaginal wall in only eight minutes. A comfortable and easy external treatment helps reduce irritating tissue redundancy and improve aesthetic appearance. Recently published research¹ on ULTRA Femme 360 has shown the device to be safe and effective for vulvovaginal laxity. "All it takes is two to three treatments, and patients often report experiencing results after the first session," Dr. Evans stated. "Women tell me everything feels better, and we see noticeable improvement in quality of life. This is about empowering women through health and wellness."

Almost any woman can safely undergo ULTRA Femme 360 treatment. Dr. Evans has successfully treated women ranging in age from their 20s to their 60s and beyond. "Whether post-menopausal or post-partum, women experience improvement. I have also used the device safely for breast cancer survivors whose previous therapies make alternative options contraindicated."

Dr. Evans presented the preliminary findings of her study of ULTRA Femme 360 at *THE Aesthetic Show* in July 2017. Subjects included 50 healthy women ranging in age from 29 to 79 years (median age: 45) with an average of 1.3 vaginal deliveries. "These were normal women with no significant gynecological problems. We gave them each a series of three treatments at intervals of two to three weeks," she indicated. Patients completed questionnaires before

"Women want emotional and physical health as well as active sex lives into their golden years now, and with treatments like ULTRA Femme 360, they can have it."



Before and immediately after one ULTRA Femme 360 Tx
Photos courtesy of Kimberly Evans, M.D.