



ZERONA[®]-Z6
BACKGROUND AND
PROTOCOL GUIDE



Revolutionize your practice

CONTENT OVERVIEW

This guide is designed to take you through the proper use of your ZERONA[®]-Z6 system. It will cover Patient Protocol, Proper Placement of Diodes, Measurement Guidelines and Precise Measurements for both men and women.

TABLE OF CONTENTS

ZERONA® Technology & Scientific Background (Pages 3-9)

Who is ZERONA® for? (Pages 10-14)

Proper Diode Placement & Use of the ZERONA® Diode Alignment Device (Pages 15-18)

ZERONA® Treatment Protocol (Pages 19-38)

Patient Measurements (Pages 39-48)

Standardizing Photography (Pages 49-51)

ZERONA[®]-Z6 TECHNOLOGY BACKGROUND

What is ZERONA[®]-Z6?

ZERONA[®]-Z6 is a new non-invasive body slimming procedure designed to remove fat and slim the body without surgery, pain, or needles. ZERONA[®]-Z6 allows patients to continue daily activity without interruption.

How does ZERONA[®]-Z6 work?

ZERONA[®]-Z6 works by using a patented and clinically proven low-level laser technology. ZERONA[®]-Z6 emulsifies fat within the adipose tissue which is then released into the interstitial space. The excess fat is then passed through the body during its normal course of detoxification.

The ZERONA[®] body slimming procedure was proven through a double-blind, randomized, multi-site, and placebo-controlled study in which patients on average, lost 3.72 inches/ 9.4488 cm from their waist, hips and thighs. These results are dramatic compared to the placebo group, which only lost an average of half an inch.

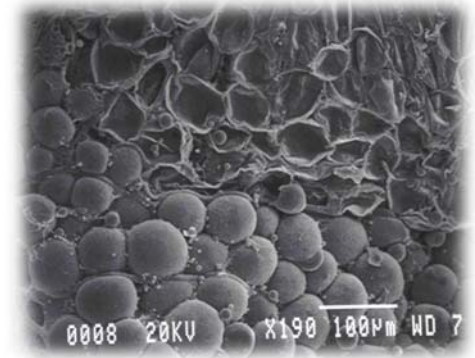
Why ZERONA[®]-Z6?

From Theory to Therapy

- ZERONA[®]-Z6 utilizes the Erchonia[®] Laser Scanner
- Initially designed and FDA cleared for use during liposuction
- First non-invasive body contouring device with FDA 510(k) Clearance
- Proven through two level (1), double-blind, randomized, multi-site and placebo-controlled clinical study
- Patients lost and average of 3.72 inches/ 9.4488 cm from their waist, hips and thighs after on series of 6 treatments

From Photomodulation to Photoporosis

- Research began back in 1998 (hand-held)
- Started as an adjunctive device for liposuction
 - Aim was to reduce post-op discomfort

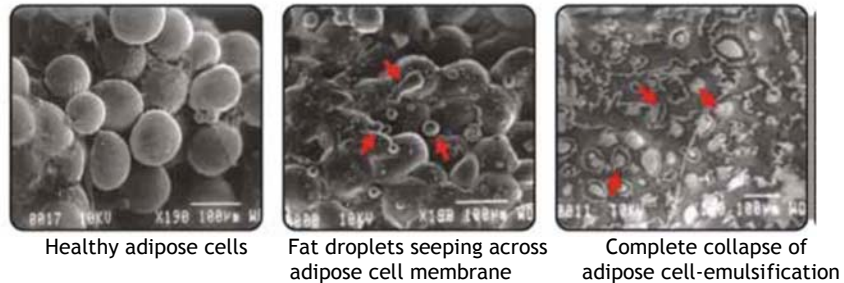


- Histology confirmed release of intracellular fat
- Hypothesis was that lymphatic system would process the liberated fat

The Effect of Photoporosis

- The laser induces a transitory pore
- The pore causes TG's to seep out
- The fat cell shrinks

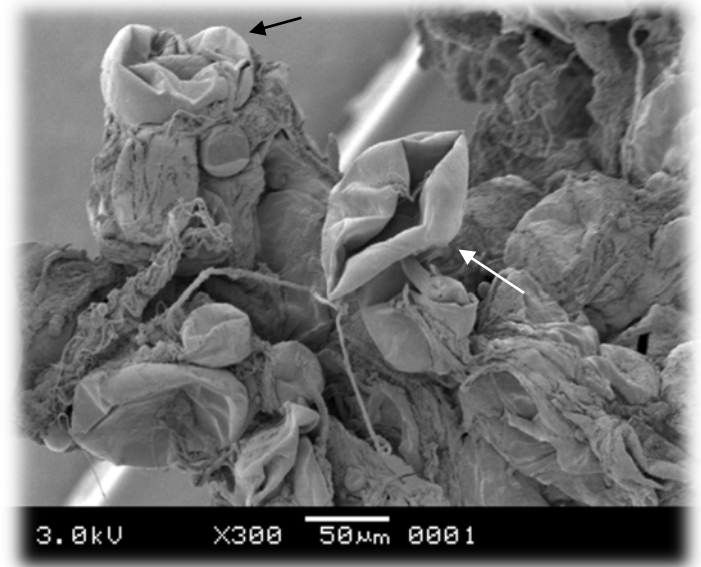
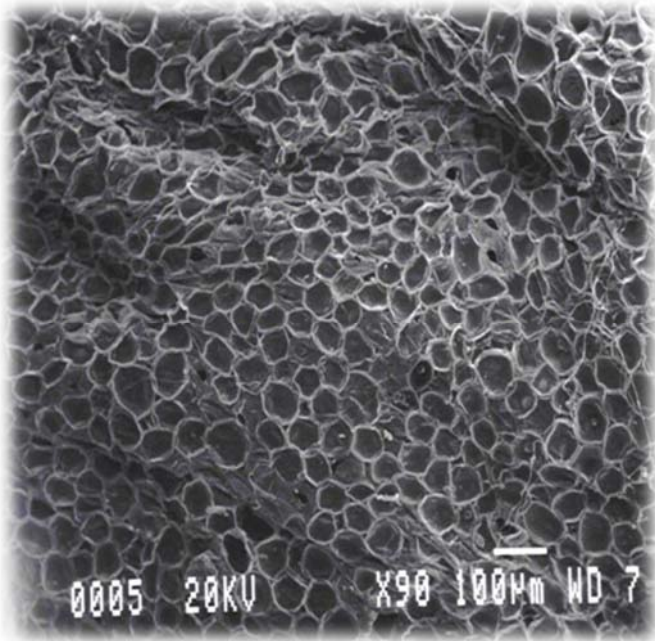
ZERONA[®]-Z6 TECHNOLOGY BACKGROUND



The images above demonstrate the low-level lasers ability to emulsify adipose tissue. These pictures highlight the collapse of the rigid adipose cell and the secretion of triglyceride and fatty acid from the cell.

The Effect of Photoporosis

- The absorption of 635 nm wavelength opens temporary pore, causing seepage of TG into interstitial space



Where Does the Fat Go?



- Fat leaves the cell and enters the extracellular space.
- Triglycerides :
 - Are absorbed by the lymphatic system,
 - Transported via afferent lymph vessels to lymph nodes
 - Broken down by macrophages
 - Transported to the circulatory system
 - Used as fuel
 - Re-stored?

Similar process to natural use of fat as fuel!

Who is the ZERONA[®]-Z6 Patient?

- **Virtually Everyone!**
- ✓ NO known side effect
- ✓ Patients safely treated from 18 up to 80s'
- ✓ Patients with certain medical conditions should not be treated
- ✓ Patients unwilling to comply to program

The Ideal Candidate

- ✓ Collection of subcutaneous fat
 - ✓ Not visceral
 - ✓ Not fibrous (previous surgeries)

- ✓ $20 < \text{BMI} < 30$

- ✓ Healthy, with no current medical condition

- ✓ Willing to comply to the program

- ✓ Adjusted for menstruation...Do not start program when bloated

Common Areas of Concern

Remove Fat, Reduce Inches



Slim stubborn fat from:

- Tummy
- Hips
- Thighs
- Buttocks
- Love Handles

ZERO Pain. ZERO Surgery. ZERO Downtime

CONTRAINDICATIONS

In addition to the ZERONA, there are specific secondary protocols that will enhance the body's ability to remove and mobilize the fatty material. Therefore, regardless of patient BMI, all patients selected to participate in a ZERONA treatment regimen must comply with the following secondary protocol parameters:

- Healthy lifestyle
- Hydration
- Lymphatic system stimulation
- Supplements

Manufacturer Contraindications

The manufacturer of the ZERONA device has provided standard contraindications that must be assessed prior to treating patients. These contraindications are standard for all laser-based technologies and are standard guidelines suggested by the FDA:

- Active cancerous tissue (active cancer cells)
- Active infection or compromised immune system (chronic, progressive immunological condition that requires medical intervention) - i.e. HIV/AIDS
- Photo-sensitizing drugs (currently prescribed a photo-sensitizing agent i.e. Accutane)
- Prescribed Anti-coagulants (i.e. Coumadin, Plavix, Warfarin)
- Pacemaker
- Presents with an open wound at site of treatment
- Pregnant and/or breastfeeding

CONTRAINDICATIONS

Cautionary Conditions

Their specific conditions or medications that may affect the patient's metabolic rate or enervate the fat mobilization or metabolism pathway. Accordingly, a decision to wait for condition stabilization prior to treatment must be evaluated for the following conditions/medications:

- Steroid medications (may cause weight or girth gain)
- Diabetes (may experience rapid weight or girth gain)
- Metabolic Disorders (may experience rapid weight or girth gain)
- Lymphatic Impairment (fat mobilization may be hindered)
 - Previous abdominoplasty, C-section, liposuction (procedures that have created scar tissue around the treatment site)

The decision to treat a patient rests solely with the ZERONA practitioner.

Additionally, whenever a patient presents with a complex or rare medical disorder, and they are seeking treatment, always obtain approval from their general practitioner or specialists before treating with ZERONA.

Sun Exposure, Artificial Tanning and Tattoos, Jewelry

The ZERONA 635 nm wavelength can safely treat clients who are tan, who are using self-tanners or who have tattoo(s) in the treatment area. Jewelry should be removed if it is located in the treatment area to avoid any reflection from the laser light.

Pre-Treatment Checklist

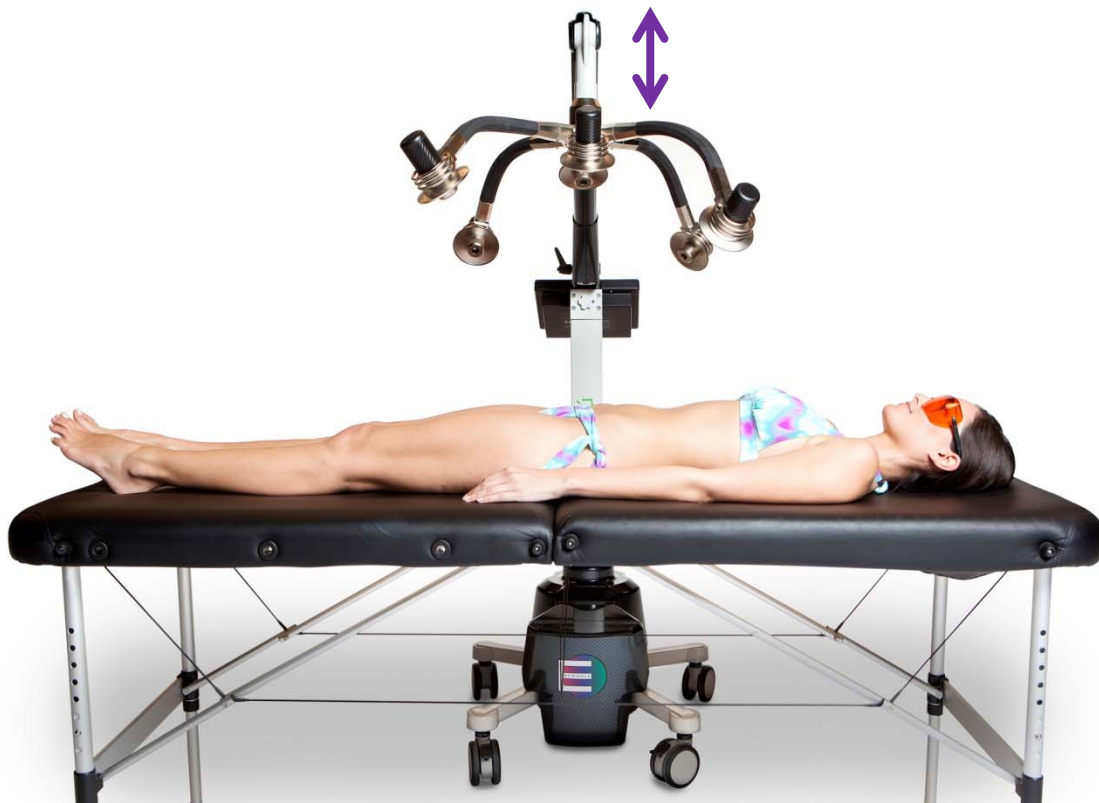
PRIOR to each treatment, the client must arrive for the treatment with clean, dry skin.

Possible Side Effects

There were no adverse events that occurred throughout the duration of the ZERONA clinical study.

MOVING THE LASER ARM

- You should move the arm up and down using the arm, not the diode heads. When maneuvering the laser arm, the tension should be adjusted to lock the arm into position.
- Once locked into that position, the arm should remain where placed, ensuring the tension lock is properly activated.



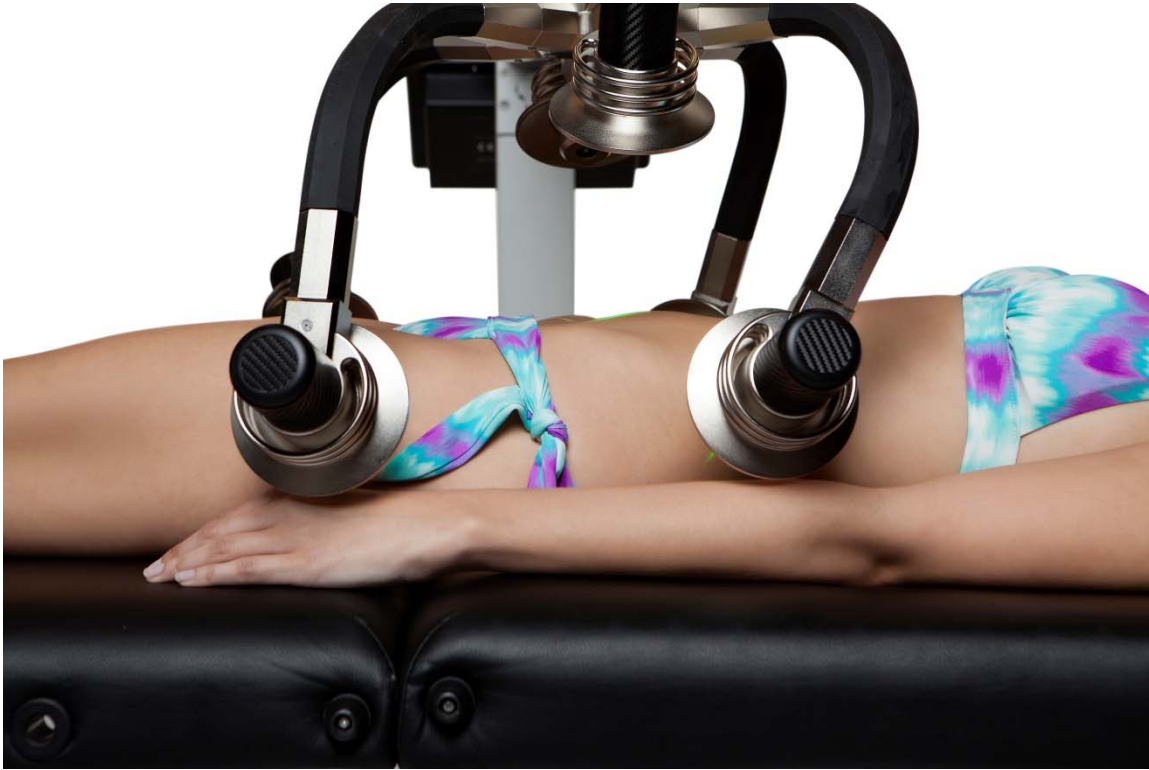
Patient is wearing clothes for training purposes only. LASER MUST HAVE DIRECT SKIN CONTACT!



MLS

PROPER DIODE PLACEMENT

ZERONA®-Z6 BODY SLIMMING - WAIST, HIP AND THIGHS



Patient is wearing clothes for training purposes only. LASER MUST HAVE DIRECT SKIN CONTACT!

- Have your patients put on the safety glasses and lay on their back.
- Position the center diodes and adjustable laser arms, no greater than 3-4 inches / 9 cm away from the patient's target treatment areas. The goal is to maximize the coverage of the target treatment areas of fat the line generated beams.
- While the patient is lying on their back you should check for the areas of the greatest accumulation of fat, which will tend to be on the sides of the waist, hips, and thighs.
- The two center diodes of the Verjú Laser are positioned above the patient, centered along the body's midline (the line which vertically divides the body into two equal halves). Position the adjustable laser arms so they are targeting the greatest accumulation of fat on the left and right side of the waist, hips and thighs.

PROPER DIODE PLACEMENT



Patient is wearing clothes for training purposes only. *LASER MUST HAVE DIRECT SKIN CONTACT!*

- Now that you've positioned the diodes properly in the targeted areas, press the start button to begin. With the lasers on, check the positioning of the heads for coverage of targeted areas. We suggest dimming or turning off the lights to ensure that you have maximized the coverage area.
- Once the diodes are positioned properly and the patient is comfortable you can leave the room.
- When the first twenty minutes are up, the lasers will pause and a high-pitched beep will emit from the machine.

PROPER DIODE PLACEMENT

- After treating the front side of the patient for 20 minutes, return to the room, raise the laser arm off the patient, and ask them to roll over and lie on their stomach.
- Lower the laser arm over the patient, positioning the center diodes in line with an identical position as if the patient were lying on their back (approx. 1-2 inches / 5 cm below the belly button).
- The adjustable diodes should be positioned over the target areas following the 3 Basic Rules of Laser Therapy reviewed previously in this document. (pg.33)
- Hit the start button again and check the positioning of the line generated beams to ensure proper positioning.
- After the second twenty minute posterior treatment, the laser will automatically turn off and alert you with the high-pitched beep. Return to the room and raise the laser arms off the patient. The patient can get dressed, leave the office, and resume their daily lives.



Patient is wearing clothes for training purposes only.
LASER MUST HAVE DIRECT SKIN CONTACT!

ZERONA[®]-Z6 TREATMENT PROTOCOL

Protocol

Understanding the basic features of the device, it is important to understand when during the protocol it should be utilized. Before the device can be properly used, certain steps of the protocol must first be accomplished.



Step 1: The device must be positioned over the patient. This initial position requires a general placement over the patient, with the two center diodes positioned above the patient, centered along the body's midline (the line which vertically divides the body into two equal halves).and the four adjustable arms placed randomly along the patient's lateral abdominal and waste area.

Step 2: Once positioned, it is important to now locate the area of greatest fatty accumulation midline and laterally. Start by locating the greatest fatty accumulation along the patient's midline; this is accomplished by gently palpating the tissue until the largest collection is found. Once located the fatty material is located, position the center diodes directly above the fatty accumulation. This step must be carried out for all four diodes ensuring that each diode is carefully positioned over the greatest accumulation of fatty material



ZERONA[®]-Z6 TREATMENT PROTOCOL

Step 3: This step requires the use of the Perpendicular Finder. Now that the diodes are physically positioned over the region of greatest fatty material, it is imperative to align the diode so that the line-generated beam is approaching the skin's surface at 90° or perpendicular.

From this point, minor adjustments can be made to move the diode closer to the skin. Remember, to use the palm of your hand to ensure that the diode does not move laterally, shifting the diode off of the region of greatest fatty accumulation.



ZERONA[®]-Z6 TREATMENT PROTOCOL

Golden Rules

Proper placement of the ZERONA diodes has been formatted into three basic rules. Each rule plays an important role to ensure proper depth of penetration and stimulation of enlarged fat cells.

Golden Rules	
1	Locate the greatest fat accumulation by palpating the tissue and immediately target with appropriate diode (After propping up fatty material)
2	Ensure the diodes are placed perpendicular to the greatest point of fatty accumulation
3	Position the diodes in a manner that a 3.0 inch (7.5 cm) line-generated beam is created when the room has been completely darkened. Additionally, no more than 6.0 inches (15 cm) can separate adjacent line-generated beams

ZERONA[®]-Z6 TREATMENT PROTOCOL

Propping Up Instruction

Place hand underneath the greatest point of fatty material and pull out and lift as much material as possible. Once the material has been extended upwards, place the support structure underneath and allow the fatty material to rest on the newly placed structure.

Figure 1: How to Prop-Up Greatest Point of Fatty Material



ZERONA[®]-Z6 TREATMENT PROTOCOL

Here is another example of propping the fatty material:

Figure 2: Example of Propping Up Fatty Material



ZERONA[®]-Z6 TREATMENT PROTOCOL

Diode Positioning

The following sequence of images depict proper diode placement to effectively treat different fat pockets.

Standard Waist, Hips, and Thighs

Center diodes - over greatest midline fat accumulation

Lateral diodes - over greatest waist/thigh fat accumulation

Anterior Treatment



ZERONA[®]-Z6 TREATMENT PROTOCOL

Posterior Treatment



Non-Crossed Waist/Hips Only

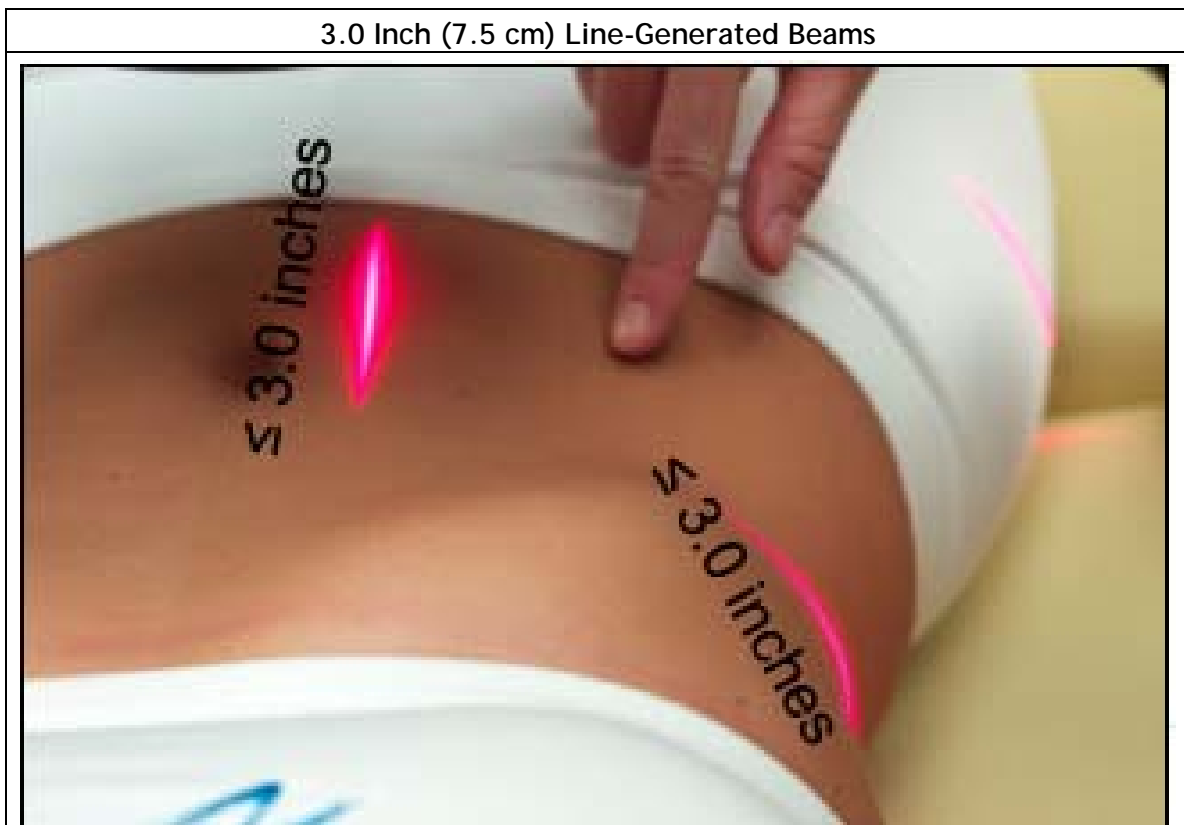
Center diodes - over greatest midline fat accumulation

Lateral diodes - over greatest waist/hip fat accumulation



ZERONA[®]-Z6 TREATMENT PROTOCOL

Line-Generated Beam Parameters

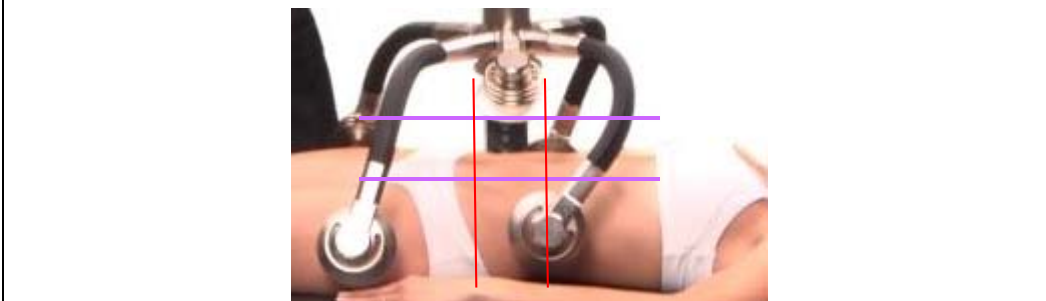


ZERONA[®]-Z6 TREATMENT PROTOCOL

6 inches (15 cm) separating adjacent Line-Generated Beams



Perpendicular Placement of Diode in Reference to the Treatment Area



Optimizing ZERONA[®]-Z6

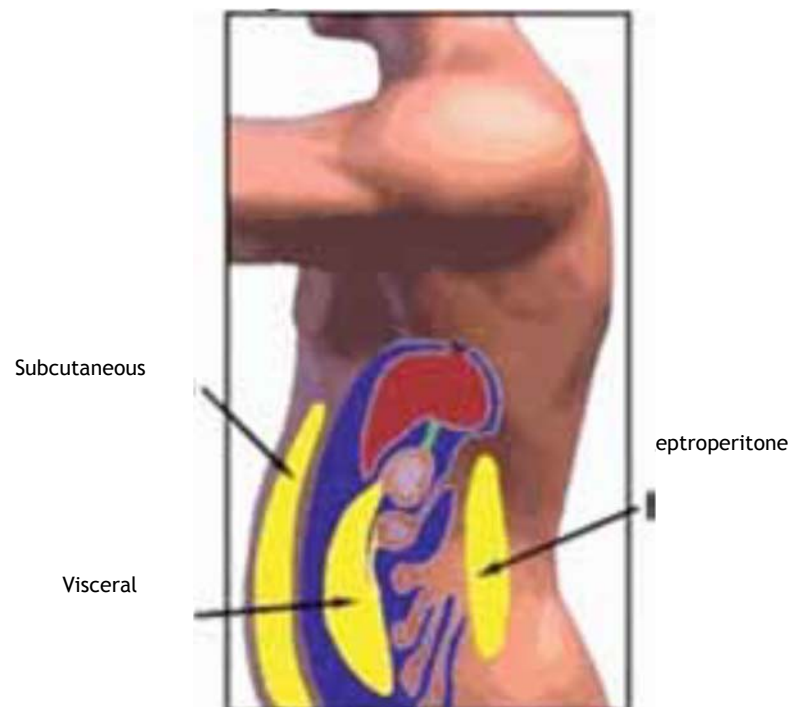
- The ZERONA[®]-Z6 Technique
 - ✓ Transitory pore that opens in the cellular wall of adipocyte with each treatment *remains open for only 48 to 72 hours*
 - ✓ *Pore must remain open for 14 plus days...* allowing the body's natural detoxification process time to mobilize fluids to move into interstitial space
 - ✓ Afterwards, fat moves through lymphatic system and passed out of the body during normal course of cellular debris removal
 - ✓ Process continues for the week after treatments are finished

It's just that simple...

PATIENT SCREENING

In humans, there are two regions in which adipose tissue is located, *subcutaneously* and *viscerally*. Subcutaneous fat resides directly beneath the skin while visceral fat is found in the peritoneal cavity around internal organs. Herein lies the important distinction between the two layers of fat; it is the subcutaneous fat layer not the visceral fat layer that the ZERONA[®]-Z6 targets. The accumulation of fat can result in the expansion of adipocytes within the visceral layer producing a visually undesirable midsection, region. However, based upon the positioning of these adipocytes, which is directly under the abdominal skeletal muscle, the depth is too great for this procedure to be prompting patients to seek the ZERONA[®]-Z6 as a means to cosmetically correct this clinically effective, The superficial nature of the subcutaneous fat layer makes it an ideal target for ZERONA[®]-Z6.

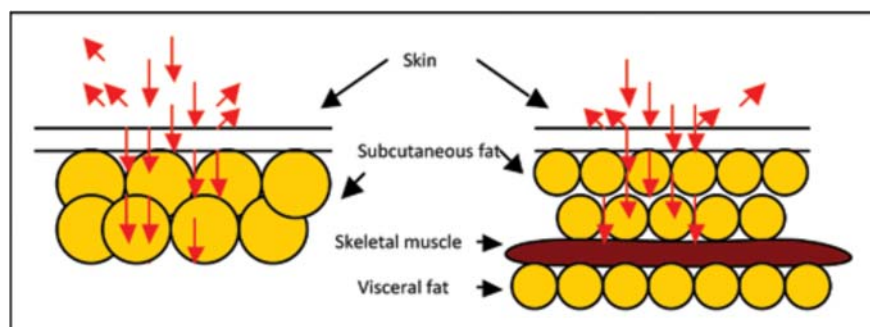
(figure 1)



PATIENT SCREENING

The appearance of enlarged fat cells within the visceral layer may take on the same characteristics as enlarged subcutaneous adipocytes; resulting in a protruding midsection due to the lack of stable abdominal skeletal muscles. In order to properly determine whether the patient possesses an enlarged collection of subcutaneous or visceral fat cells, palpation (pinching) of the area must be performed. Follow the simple steps below to determine if hypertrophic cells of the subcutaneous zone or visceral zone are resulting in the enlarged mid-section.

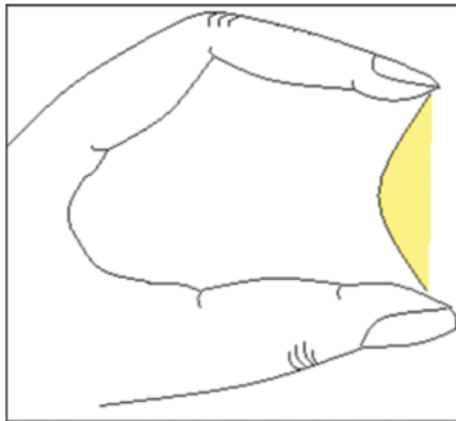
1. Have the patient stand with their arms extended from their side
2. Ask the patient to contract their abdominal muscles
3. Begin to palpate (pinch) the mid-section region
4. Observe the firmness of the area



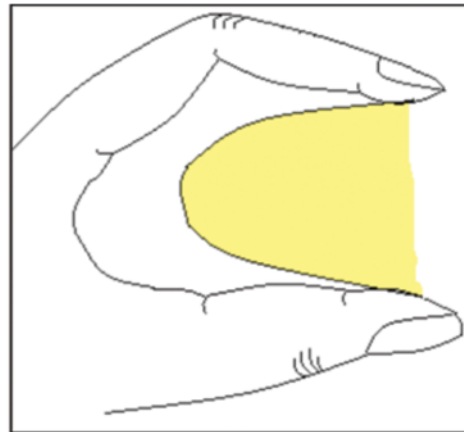
PATIENT SCREENING

If the area is very firm and a simple pinch does not produce a large volume of tissue between your fingertips, it is safe to assume that the patient possesses a significant amount of visceral fat and is not an ideal candidate for the ZERONA[®]-Z6 Body Slimming procedure.

Visceral Fat



Subcutaneous Fat



PATIENT SCREENING

OTHER PATIENT SELECTION CONSIDERATIONS

Another key element in the ZERONA[®]-Z6 procedure is the processing of the emulsified fat through the lymphatic system. The ability of the patient's lymphatic system to effectively process the emulsified fat will have a direct impact on the clinical and aesthetic outcome experienced by the patient. One technique that has been successfully utilized to identify patients whose lymphatic systems may not be in the best condition to process the emulsified fat, is to weigh the patient before they start Week 1 of the ZERONA[®]-Z6 procedure protocol (as outlined below), and then at the end of Week 1 before they start the ZERONA[®]-Z6 procedure. If the patient has gained weight then they should not start the ZERONA[®]-Z6 procedure. You could also encourage the patient to repeat the week 1 protocol to see if they can comply and that their body is in a position to successfully process the emulsified fat.

As a reminder the ZERONA[®]-Z6 procedure protocol is as follows:

	Curva [®]	Moderate	Hydration	Low Fat/Minimize Alcohol	ZERONA [®] -Z6
Week 1	x	x	x	x	
Week 2	x	x	x	x	x
Week 3	x	x	x	x	x
Week 4	x	x	x	x	

ZERONA[®]-Z6 PATIENT PROTOCOL

- Prior to starting ZERONA[®]-Z6, you should recommend that your patients begin to prepare their lymphatic and circulatory systems the week before treatments by starting to take CURVA.
- Make sure that your patient is willing to commit to keeping ALL scheduled appointments over the 2 week treatment period.



ZERONA[®]-Z6 PATIENT PROTOCOL

Steps to Achieve Optimizing Results

1. Supplementation (CURVA[™])
2. Minimum of 64oz of water per day
3. Moderate Exercise: a minimum of 15 minutes of walking per day
4. Minimize alcohol and caffeine
5. Maintain a healthy low-fat diet

Protocol Adherence

	Curva	Moderate Exercise	Hydration	Low-Fat Diet & No Alcohol	3 ZERONA Treatments (1 every 48 hrs)
Week 1	★	★	★	★	
Week 2	★	★	★	★	★
Week 3	★	★	★	★	★
Week 4	★	★	★	★	

By following the recommended protocol, the patient will enhance their body's natural detoxification process which will ultimately result in more inches lost.

Optimizing ZERONA[®]-Z6

- Curva
 - ✓ Proprietary blend of: Niacin, Coleus Forskohlii Root Extract, Commiphora Mukul, Artichoke, Withania Somnifera Root Extract and Holy Basil.



- ✓ Must be taken morning and night
- ✓ **May cause flushing**

It's just that simple...

Optimizing ZERONA[®]-Z6

- Adequate hydration
 - ✓ Ensures cells function optimally
 - ✓ 64oz. (8 X 8oz. glasses) consume each day
 - ✓ Minimize diuretics
 - ✓ Coffee (will dehydrate the patient)
 - ✓ Alcohol (Toxin, body will eliminate this first)
- ✓ If alcohol or coffee is consume, an additional 8oz. glass of water should be consume immediately afterwards

It's just that simple...

Optimizing ZERONA[®]-Z6

- Lymphatic system mobilization
 - ✓ Mild exercise
 - ✓ Daily 15 minute walk
 - ✓ Gym (avoid strenuous exercise, putting your body into a cardiovascular state, burning only sugar)
 - ✓ Lymphatic massages (day after laser therapy sessions)
 - ✓ Compression garment:
 - ✓ Should cover treated areas
 - ✓ Should be worn every day

It's just that simple...

Optimizing ZERONA[®]-Z6

- Balanced nutrition :
 - ✓ Eat small portions, 5 times a day
 - ✓ Eat whole foods
 - ✓ Never skip a meal
 - ✓ Have a hearty, healthy breakfast
 - ✓ Eat your last meal at least 2 hours before bed
 - ✓ Minimize alcohol

It's just that simple...

MEASUREMENT PROTOCOL

- We require taking patient measurements at the following times:
 1. Before the first treatment
 2. After the last treatment
 3. One week after the last treatment
- When taking measurements, this individual should always make sure that the tape pulled just tight enough so that the tape isn't sagging but at the same time not too snug.
- To take proper measurements, the patient should stand with their feet shoulder width apart. Have them relax their muscles. Do NOT let them "suck it in," as this is a typical reflex of most patients.
- You are required to provide measurement results for all patients completing the ZERONA[®]-Z6 procedure on a monthly basis. You may also want to take before and after photos of your patients. These are both great ways to show your patients their progress!



MEASUREMENT AREAS (WOMEN)

Measurement Area (Circumference in Inches)	Reference Point
Waist	Across the umbilicus
Hips	Note distance below umbilicus
Thighs (right and left)	Greatest circumference, then note distance from top of kneecap



MEASUREMENT AREAS (MEN)

Measurement Area (Circumference in Inches)	Reference Point
Waist	Across the umbilicus
Flanks	Circumference around “love handles” note distance below umbilicus in inches



MEASUREMENT AREAS

"Pinchable" Subcutaneous Fat



A more specific weight to characterize a person's general accumulation of fat besides weight is calculating their body mass index (BMI), which is the calculated ratio of patient height and weight. BMI is segmented into the four basic categories:

Table 1: BMI Categories

Underweight	<18.5
Normal Weight	18.5-24.9
Overweight	25-29.9
Obese	≥30

The ZERONA FDA clinical study treated subjects with an overweight BMI (average BMI of 28). Therefore, the standard protocol of six (6) treatments can be successfully administered for individuals of a normal or overweight BMI. *Keep in mind that BMI charts do not account for body composition (many athletic people may have a higher BMI due to lean muscle mass which is not fat) You will need to use your best judgment when measuring BMI.*

Measurements

Measurements

There are core measurements that are segmented based on gender:

Female: Waist / Upper Abdomen Mid-abdomen Hips Right Thigh Left Thigh	Male: Upper Abdomen Mid-abdomen Flanks Lower Abdomen
---	--

However, on the Measurement Form, the measurements are enumerated in a single column.


- Waist/Upper abdomen
- Mid-Abdomen
- Hips/Flanks
- Lower-Abdomen (Men only)
- Right Thigh
- Left Thigh

Core measurements must be taken before the first treatment, before the sixth treatment, either before or immediately after the final treatment (if more than 6) and one week after the final treatment.


Measurement Protocol

The client must be standing barefoot or in stocking feet for all measurements. Use the same measuring tape each time. The circumference measurements and distance from the floor must be recorded on the ZERONA Measurement Form.

Measurements

Measurements	
1	<p>Have the client disrobe (bra and panties/underwear). The client must be standing barefoot or in stocking feet with their feet 12 inches apart.</p>
2	<p>Have the client stand adjacent the wall mounted measuring tape and record to the nearest 1/4 inch (1 cm) the distance from the floor on the ZERONA Measurement Form where the patient's greatest points of fatty material are positioned (Figure 24). Mark the point of greatest fatty material using the marking pencil.</p> <p style="text-align: center;">Figure 3: Wall Mounted Measuring Tape</p>  <p>Once the greatest point of fatty material has been identified, its height from the floor should be documented in 1/4 inch or 1 cm increments.</p>

Measurements

3	<p>Have the client raise and cross both arms at chest level, parallel to the floor in an “I Dream of Genie” stance.</p> <p>In this position, patients should hold an inhale breath</p>
4	<p>For clients, measure the following areas (gender dependent) and document their position in reference to the Wall Mount Height Chart:</p> <ul style="list-style-type: none"> • Waist/upper abdomen • Mid-Abdomen • Hips/Flanks • Lower-Abdomen (Men only) • Right Thigh • Left Thigh
5	<p>Measure the circumference of each area and record to the nearest 1/8 inch or cm.</p>
	<p>Hold the tape measure in your left hand with the red button up. Reach around the patient’s body and secure the end of the tape into the base. Squeeze the red button until the tape hugs the curve of the client’s body. Be sure the top edge of the tape measure is level and flush with the white line; not above it. Place the tape measure in a manner that the top edge is beneath the white line made via the marking pencil. Avoid any pinching of the skin with the tape measure.</p>
6	<p>Record measurements in 1/8th inches (0.1 cm) on the ZERONA Measurement Form (e.g., 27 1/8, 27 5/8, 33 7/8, etc. or 27.1 cm, 27.4 cm, etc.).</p>

Example for Completing Measurement Form

Completing the Measurement Form starts with filling in basic information:

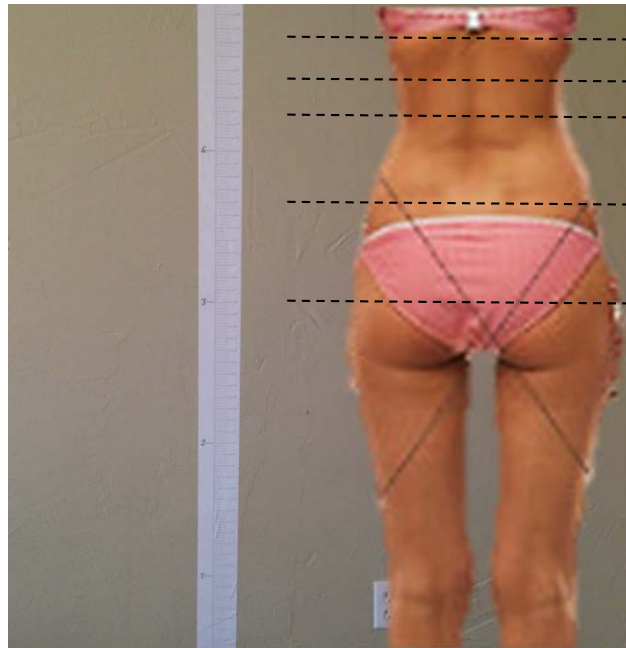
- Practice Name
- Physician Name
- Patient Name
- Patient Age and Body Mass Index

City, State, and Zip Code

Measurements

With the patient standing adjacent to the Wall Mounted Measuring Tape and maintaining the proper anatomical positioning, we are able to identify where on the chart the greatest concentration of fatty material is located (Figure 25). The below image serves as an example how each point of greatest fatty material can be properly identified and measured in reference to the Wall Mounted Measuring Tape.

Figure 4: Example of Wall Mounted Measure Tape Use to Locate Greatest Points of Fatty Material



Once this point is identified, determine at what inch (cm) mark on the Wall Mount Measuring Tape (to the nearest 1/8" or .1 cm mark) the greatest fatty point resides and document in the appropriate box.

By documenting where the greatest fatty material resides on the Wall Mounted Measuring Tape we are able to have reproducible measurements. Accordingly, a technician can have the patient assume the same anatomical position and locate the greatest fatty material based on relocating it on the height chart. This should be completed for all measurement points recorded.

Measurements

Documenting Wall Mounted Measuring Tape Position of Greatest Points of Fatty Material

Zerona BODY Measurements	
Measurements	Distance from ground up to marked area
Date of measurement	01/01/2013
Weight each measurement date	135 (61.3 kg)
Waist/Upper Abdomen	29 ¼ (74.3 cm)
Mid-Abdomen	30
Hips/Flanks	28 ¾
Lower-Abdomen (Men)	N/A
Right Thigh	25 ¼
Left Thigh	25 ¼

The measurement guide provides a column for all evaluation periods, and it is important that each subsequent evaluation periods have proper measurements reported.

Measurements

Completing Measurement Form Appropriately

Zerona BODY Measurements							
Measurements	Distance from ground up to marked area	Before 1st ZERONA Treatment (BASE)	6th ZERONA Treatment (6th)	9th ZERONA Treatment (9th)	12th ZERONA Treatment (12th)	Final Measurements (one week after Final Treatme	Total Loss per Measurement Area (BASE minus Final)
Date of measurement	01/01/2013	01/01/2013	01/12/2013	01/18/2013	N/A	01/24/2013	N/A
Weight each measurement date	135	135	134	133.5	N/A	132.5	2.5
Waist/Upper Abdomen	29 ¼	37 7/8	37 7/8	37	N/A	36 5/8	1.25
Mid-Abdomen	30	36	36	35 6/8	N/A	35 3/8	0.625
Hips/Flanks	28 ¾	35 3/8	35	34 7/8	N/A	34	1.375
Lower-Abdomen	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Right Thigh	25 ¼	18 7/8	18 5/8	18 5/8	N/A	18 5/8	0.250
Left Thigh	25 ¼	17 5/8	17 1/8	17 1/8	N/A	17	0.625
Total Inches Lost		183 7/8	183	180 1/2	N/A	178 ½	5.375 (13.65cm)

Please notice that all sections were completed with either filled in with data points or “N/A.” In all, a completed measurement form ensures patient data has been properly collected.

Standardizing Photography

Photograph all Patients

- ✓ Equipment required :
 - ✓ Good quality camera (7M. Pixels or higher)
 - ✓ Good quality (external) flash
 - ✓ Tripod
 - ✓ Duct tape

- ✓ Always use the same :
 - ✓ Room
 - ✓ Must be dedicated
 - ✓ Windows should be draped
 - ✓ Backdrop
 - ✓ Must be permanently fixed to the wall
 - ✓ Preferably blue

- ✓ Always use consistent :
 - ✓ Lighting - no dimmers!

Photography

Photography

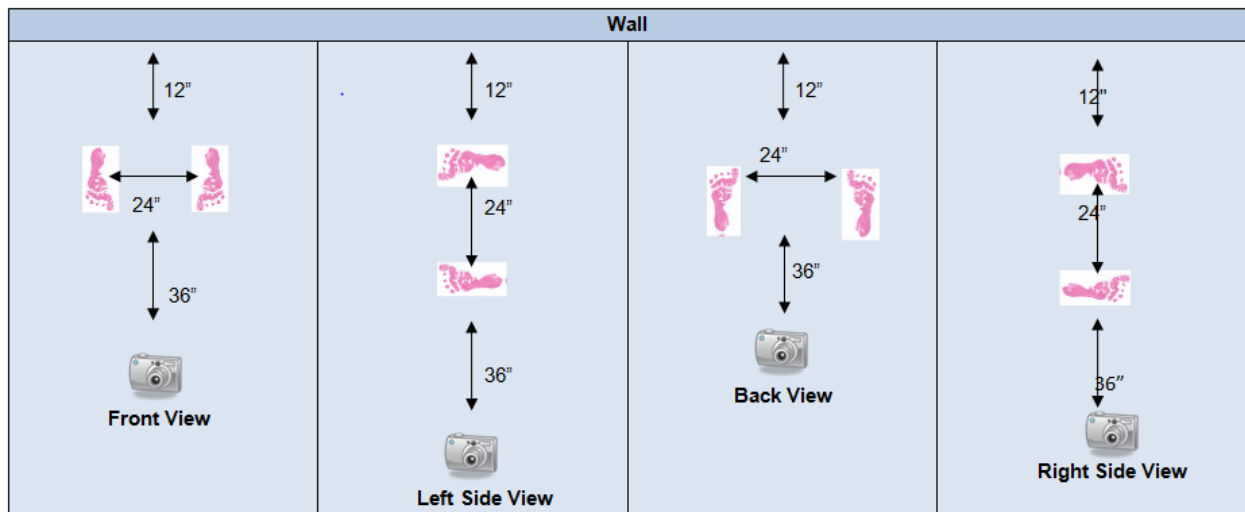
Photographs of the treatment area must be taken before the first treatment, immediately after the final measurement and at the post-procedure evaluation. The client should wear the same undergarments for both photo sessions; disposable panties may be used to insure consistency. The client should be standing for all photographs and the photographs must:

- Be taken in proper lighting conditions with flash setting on camera standardized
- Use a consistent color backdrop (light blue is recommended):



- Be clear, in sharp focus and show the entire area to be treated
- Be taken at the same level as the area being photographed
- Have the client stand 12 inches from the wall with their feet shoulder width apart.
- Have the client raise and cross both arms at chest level, parallel to the floor in a “Genie” stance
- The technician should stand 36 inches (91 cm) from the client
- Instruct the client to breathe in and then breathe out. The technician should take photos of the following views, while the client is breathing out.
 - Front view
 - Back view
 - Left side
 - Right Side

Photography



Congratulations on completing the
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