

secret™ DUO

**DYNAMIC FACIAL  
RESURFACING  
AND REMODELING**

CONSULTATION GUIDE

Model. Not Actual Patient.

# ACHIEVE YOUNGER LOOKING SKIN WITH SECRET™ DUO

Secret DUO offers Radio Frequency Micro Needling (RFMN) paired with a non-ablative 1540nm laser to target the common signs of facial aging such as pigmentation, fine lines, texture<sup>1,2</sup>, and scars<sup>2</sup>.

Both laser and RF microneedling technologies can be used individually or together for customized outcomes.



1 Tierney, Emily, and William Hanke. "Fractionated Carbon Dioxide Laser Treatment of Photoaging: Prospective Study in 45 Patients and Review of the Literature." *Dermatologic Surgery*, vol. 37, no. 9, 2011, pp. 1279- 1290., <https://doi.org/10.1111/j.1524-4725.2011.02082.x>.

2 Yadav, Savita, and Aashim Singh. "Microneedling: Advances and Widening Horizons." *Indian Dermatology Online Journal*, vol. 7, no. 4, 2016, p. 244.

ABOUT SECRET DUO

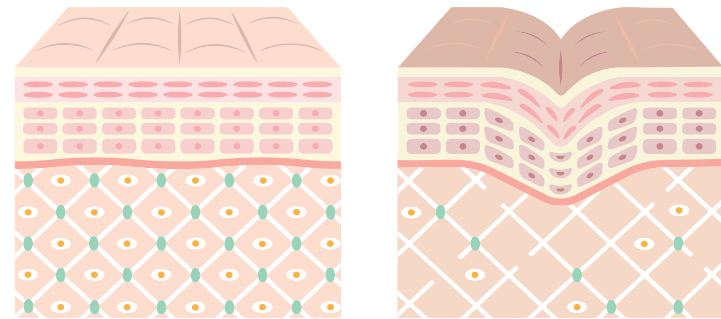
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# THE SECRET DUO DIFFERENCE

Unlike other devices which only deposit energy on the surface of the skin, Secret by Cutera delivers energy below the surface where it's needed most to help revitalize and regenerate the skin. This unique delivery of energy allows us to achieve optimal results with little to no downtime on all skin types<sup>3</sup>.

Secret DUO's signature treatment, The Secret Glow Facial, uses a 1540 nm erbium glass laser and helps to boost a youthful appearance without any downtime.

## THE IMPORTANCE OF COLLAGEN TO SKIN



Collagen keeps our skin youthful, looking soft and smooth. As we age, our collagen reserve diminishes leaving us with fine lines, wrinkles, and skin that is slower to bounce back.

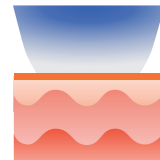
3 Cutera Secret DUO Clinical Guidelines

ABOUT SECRET DUO

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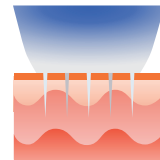
## HOW IT WORKS: RFMN

- Secret RF microneedles gently penetrate, causing minimal damage to the skin.
- Once the needles reach the targeted depth, RF energy is evenly delivered to the skin to stimulate and remodel collagen.
- Following a series of 3-4 treatments, you will notice your skin looking younger with smoother and more even texture.



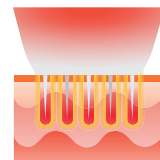
### MICRONEEDLE HANDPIECE

Makes perfect contact to the skin.



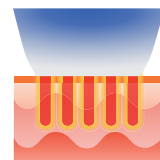
### MICRONEEDLES

Smoothly penetrate the skin with little to no pain.



### BIPOLAR RF ENERGY

Denaturalizes the tissue surrounding the microneedles.

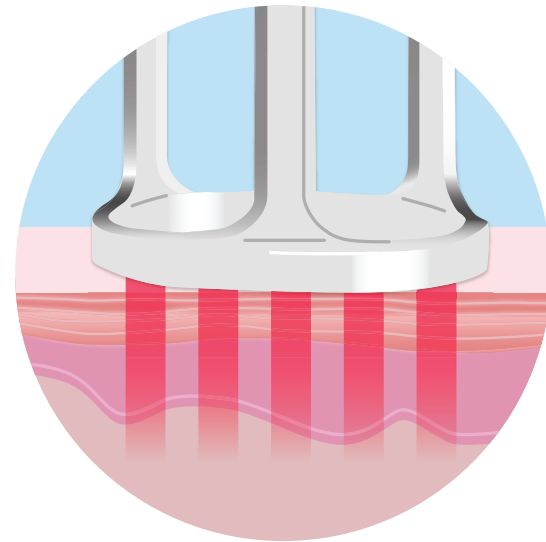


### COLLAGEN REGENERATION

Begins with new elastin production in the skin.

## HOW IT WORKS: NON ABLATIVE RESURFACING

- The laser will emit a 1540 nm wavelength of light through multiple column beams, which targets water underneath the skin.
- Collagen heating and dermal remodeling is initiated without breaking the surface of the skin.
- This gentle resurfacing process facilitates faster recovery and a lower incidence of postoperative side effects compared to ablative lasers.



# PREPARING FOR YOUR TREATMENT

- No sun exposure or self-tanners for 4 weeks prior to treatment.
- Cleanse the treatment area, removing all make-up and/or lotions.
- Remove jewelry, including any body piercings near treatment area.
- Shave the treatment area as needed.

Please note that treatment areas are marked on your skin before the treatment begins. Your provider will discuss more about pre and post treatment care during your Secret by Cutera consultation.



## WHAT TO EXPECT DURING THE RFMN TREATMENT

- Secret by Cutera's radio frequency micro needling is a quick and easy procedure that is performed in less than 20 minutes.
- Prior to the treatment, your provider will apply numbing cream to the treatment area.
- During the treatment you will feel some light pressure and heat.
- Most patients find the procedure tolerable and pain-free.



TREATMENT TIME  
IS LESS THAN  
**20 MINUTES**

## WHAT TO EXPECT AFTER RFMN + 1540 NM LASER TREATMENT

- Immediately following the treatment, an ointment or soothing mask will be applied to the skin.
- It is recommended that you wait at least 4 hours before washing your face, and refrain from wearing make-up for several hours, allowing your skin to heal.
- You may experience minor redness or swelling following the treatment, which will resolve with time, typically within 24-48 hours<sup>4\*</sup>.
- You can return to your normal activities immediately.

4 Wilson, K. A. (2019, July 9). The Next Generation of Microneedling Technology for Every Patient. The Aesthetic Guide. <https://www.theaestheticguide.com/aesthetic-guide/next-generation-microneedling-technology-every-patient>

\*Length of downtime may vary.



## WHAT TO EXPECT AFTER 1540 NM LASER TREATMENT

- Do not wash your face for at least 6-8 hours post-treatment.
- After 24 hours it is okay to use any mild skin care regimen and makeup.
- Avoid skin irritants (examples below) for 7-10 days after treatment.
- Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, vitamin C/ ascorbic acid, astringents, etc.
- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage.
- Avoid sauna and aggressive exercises for 1-2 weeks.
- Optional to keep your skin cool and moisturized by spraying with cold water during the healing process.
- Stay hydrated and drink plenty of water.
- Multiple treatments may be required.
- Notify your provider of any concerns (blistering, excessive redness/swelling, persistent grid pattern, etc.)
- Consult with your provider about when to resume your skin care regime.

# CONTRAINDICATIONS

**Treatments are not advised in any of the following circumstances:**

- Pregnancy
- Pacemaker
- Allergy to gold or metal
- Implantable metal, piercings or medical device in the treatment area
- Botox, fillers or other injectable in the treatment area within 1 month prior to treatment
- Face lift or eyelid surgery in treatment area within year prior to treatment
- Facial dermabrasion, facial resurfacing or deep chemical peel within last 3 months in treatment area
- Treatment with other RF or light device within one month in treatment area
- Surgical procedure in the treatment area within the last 3 months or before complete healing
- Treating over tattoos or permanent make-up

Additional contraindications will be discussed by your provider during the treatment consultation.

## HOW LONG DOES IT TAKE TO SEE RESULTS?

- Results are typically seen after the second treatment, with best results seen 3 months after the last treatment.
- A series of 3-4 treatments are recommended, spaced 4 weeks apart.
- To maintain results, maintenance treatments are recommended every 12-18 months.



**OPTIMAL RESULTS  
WITHIN 3 MONTHS**

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# REAL RESULTS

Each of these patients had problem areas that were successfully treated with Secret DUO. Actual results may vary.

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## ACNE SCARS AND TEXTURE<sup>2</sup>



Photos courtesy of Evren Gökeşme, MD

2 Yadav, Savita, and Aashim Singh. "Microneedling: Advances and Widening Horizons." Indian Dermatology Online Journal, vol. 7, no. 4, 2016, p. 244.

RESULTS

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## STRETCH MARKS<sup>5</sup>



Photos courtesy of Evren Gökeşme, MD

<sup>5</sup> Ryu, Han-Won, et al. "Clinical Improvement of Striae Distensae in Korean Patients Using a Combination of Fractionated Microneedle Radiofrequency and Fractional Carbon Dioxide Laser." *Dermatologic Surgery*, vol. 39, no. 10, 2013, pp. 1452-1458., <https://doi.org/10.1111/dsu.12268>. <https://doi.org/10.4103/2229-5178.185468>.

# RESULTS

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## GLOBAL SKIN REJUVENATION



Before



After

Photos courtesy of Michael Sarti, M.D.

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## GLOBAL SKIN REJUVENATION



Photos courtesy of Michael Sarti, M.D.

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## GLOBAL SKIN REJUVENATION



Before

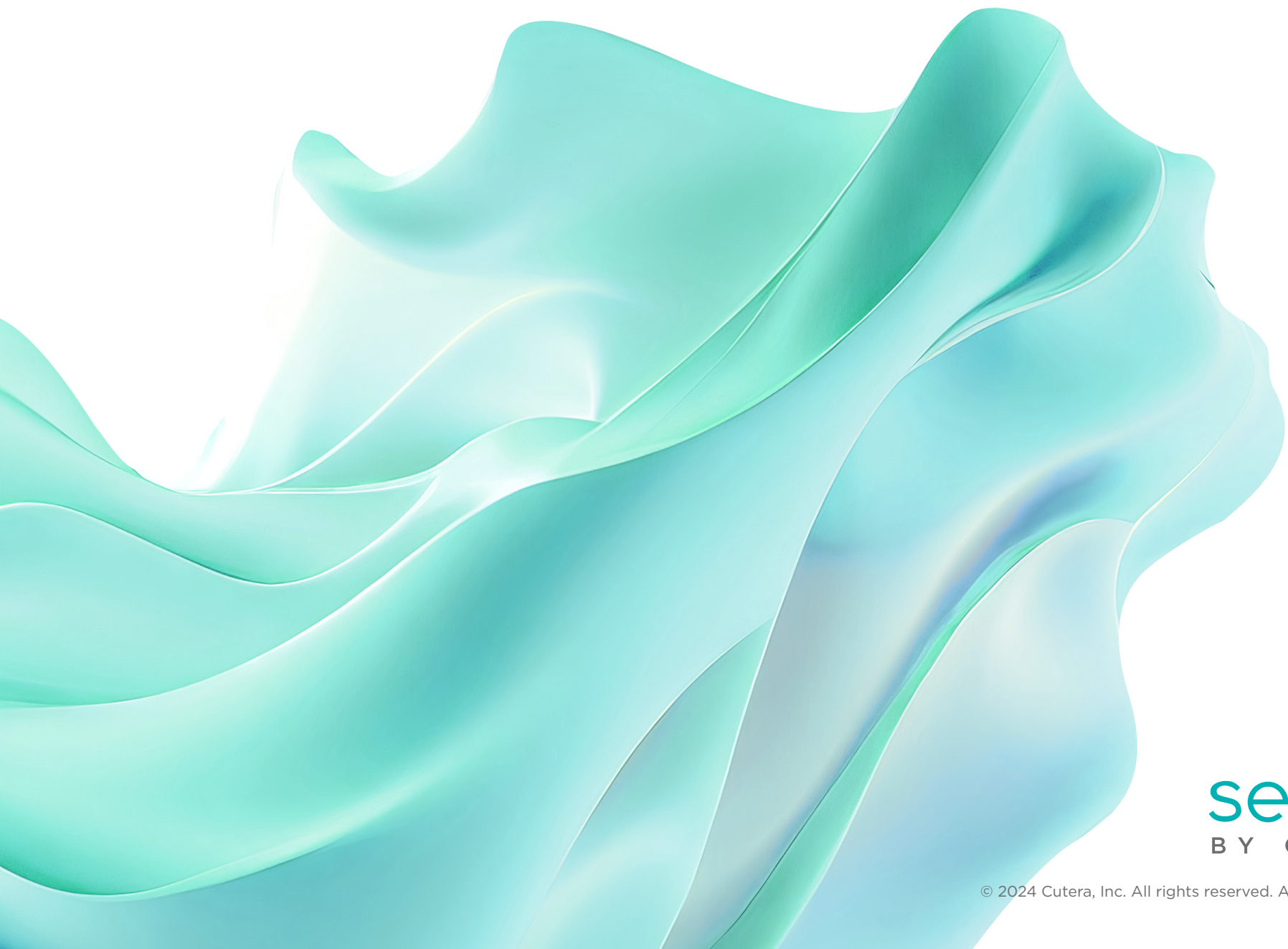
After

Photos courtesy of Michael Sarti, M.D.

RESULTS

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