

Simfle-Stick User Manual

Gold PTT Protocol

Welcome to the user manual for Gold PTT, a unique product that utilizes gold microparticles for photothermal therapy (PTT).

Gold PTT is a product that is intended to be used for photothermal therapy to improve the appearance of various types of acne, including inflammatory acne. Gold PTT utilizes gold microparticles that selectively target only the pores where they are applied, converting light energy into heat energy. This targeted approach allows for the use of lower energy laser settings, while still achieving effective clinical outcomes for acne-related skin concerns.



Before using Gold PTT, it is important to read and understand all instructions provided in this manual. You should also consult with a qualified healthcare professional to determine if Gold PTT is appropriate for your specific needs.

When using Gold PTT, it is essential to follow all safety precautions to avoid side effects. This includes following the recommended application guidelines, ensuring proper skin preparation, and using appropriate light settings.

Contraindications

Gold PTT

- Patients who are allergic to metal or gold.
- Patients who are allergic to alcohol or its smell.

1064 Long Pulse Nd:YAG laser

- Patients with infectious diseases.
- Patients with connective tissue diseases.
- Patients who are immunocompromised.
- Patients with a medical condition that may affect wound healing.
- Patients with bleeding abnormalities.
- Patients who take medication which is known to increase sensitivity to sunlight.



It is important to follow these contraindications to ensure safe and effective use of Gold PTT and 1064 Long Pulse Nd:YAG laser. If you have any questions or concerns about the suitability of these treatments for your specific needs, please consult with a qualified healthcare professional.

Pre and Post Care

Before Treatment : Please inform all medications you are taking, some medications can make you photosensitive.

- Please notify any history of laser treatment prior to this treatment.
- Please notify any metal plates, screws or rod's in the treatment area.

After Treatment : a cool compress or ice mask can be applied.



- Do not use any of the following products on the treated area 3 days after treatment : harsh exfoliating cleanser or scrubs, bleaching creams.
- Avoid direct sun exposure after treatment on the treated area.
- Apply sunscreen of at least 30 SPF or higher to prevent side effects.

Procedure Guideline

Preparation

Laser : 1064 Long Pulse Nd:Yag Laser (Never use Q-Switched Nd:Yag)

Patient goggle / Doctor's goggle / Saline (distilled water) / gauze / Gold PTT solution : 1 vial for 1 time use - do Not keep the leftover for reuse.

Step 1. Cleansing : Thoroughly clean the face before starting the treatment.

Step 2. Patient protection : Cover the patient's eyes with soft gauze and patient goggles. Make sure the soft gauze to adhere properly so that Gold PTT solution Does Not get into the patient's eyes.

Caution : Failure to do so may cause serious damage to the eyes.

Step 3. Application : Shake well before dispensing. Fill in the syringe.

Apply the Gold PTT solution by one drop at a time and use the sonophoresis (ultrasound) at each drop.

Gold PTT contains **alcohol** to facilitate better absorption. Please inform your patient that some individuals may not feel comfortable with the smell of the alcohol. It is important to take this into consideration when using Gold PTT, and to ensure that the patient is comfortable with the product before proceeding with treatment.

To ensure proper application, apply Gold PTT to **one area at a time**, and move on to another area before it dries out. This will help ensure even and consistent application of Gold PTT



Temperature check : Please make sure to use a temperature sensor to check that the area treated with 1064 Long Pulse Nd:YAG laser has reached the target temperature from 40 to 42 degrees Celsius.

If a temperature sensor is not available, you can try tapping the area right after laser was fired with your hand to feel if it has been heated sufficiently or not.

Step 4. Remove excess Gold PTT solution :

Moisten a gauze with distilled water and use it to gently remove any excess Gold PTT. Failure to properly perform this procedure may result in severe side effects, such as burns.



Step 5. Laser Treatment using Long Pulse Nd:Yag Laser. Make sure to put the patient goggles before the laser treatment.

Standard Setting : 10mm spot size, 20-30 ms pulse width, 24 J/cm²

Brand	Gentle Max / Clarity Pro / Clarity II		Excel V
Manufacturer	Candela or Lutronic		Cutera
Tx Level	Low	Standard	
Spot size	8 mm	10 mm	8 mm
Pulse width	3 ms	20-30 ms	0.3 ms
Fluence	10-15 J / cm ²	24 J / cm ²	4 – 7 J / cm ²
Speed (Hz)	1-2	1-2	10
Cooling	Off	Off	Off
No. of Passes	2 passes	2 passes	N/A

Start with “Standard” fluence setting : 24 J / cm²

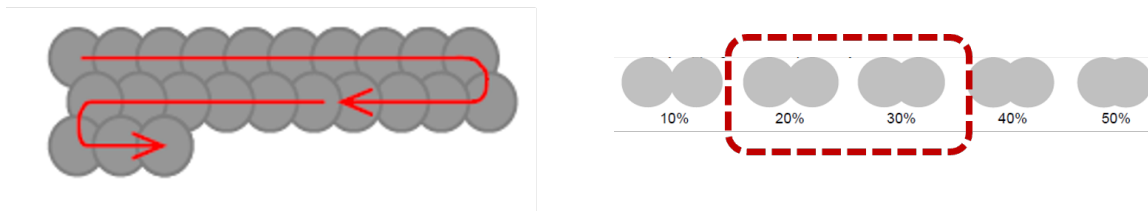


Before starting the laser treatment, perform a test on a small area and check with the patient whether the skin feels too hot or uncomfortable. If the patient experiences discomfort or pain during the test, reduce the fluence to 20 J/cm².

If the patient still finds the treatment uncomfortable, lower the fluence to 10-15 J/cm² for a safer and more comfortable treatment. It is important to prioritize patient comfort and safety during laser treatment.

Laser Technique : Move the handpiece of the laser with appropriate speed. Too slow speed may create bulk heating to one area – likely cause burn or pain. Make sure to keep using temperature sensor to check the temperature.

Fire the laser in a serpentine manner. Do not repeat the same area. If moving handpiece too fast, this will not reach the target degree of 40 to 42.



Overlap : 20% to 30% Overlap is recommended. However, 40% or 50% Overlap is Not recommended and treating same area with stacking mode is also not recommended.

Treatment Interval and Frequency : Treat once every 2 weeks (every other week with toning), for a total of 3 to 5 treatments.

The total treatment timing

Cleansing of the face	1 minute
Using Sonophoresis (ultrasound) to induce Gold	10 minutes
Laser Treatment	10-12 minutes
Total Treatment Time	30-40 minutes

Caution : If you experience any discomfort or adverse effects during or after using Gold PTT with laser treatment, immediately stop the treatment and seek medical attention.

Thank you for choosing Simfle-Stick Gold PTT. We hope that this user manual has provided you with the information necessary to use our product safely and effectively. If you have any questions or concerns, please do not hesitate to contact us for further assistance.

Simfle-Stick Co., Ltd.

