

b-Lift+

GUIDE TO PROGRAMS

Medical Depression Therapy
FACE & BODY



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DEFINITION OF VACUUM THERAPY (OR DEPRESSION THERAPY)

Vacuum therapy is a technique that involves mobilizing the skin using a **suction cup** in which a vacuum is created. This process allows for the combination of several massage techniques, the effects of which are amplified by the vacuum generated. This results in **significant reddening of the skin**, a sign of **hyperemia** indicating increased cutaneous exchange.

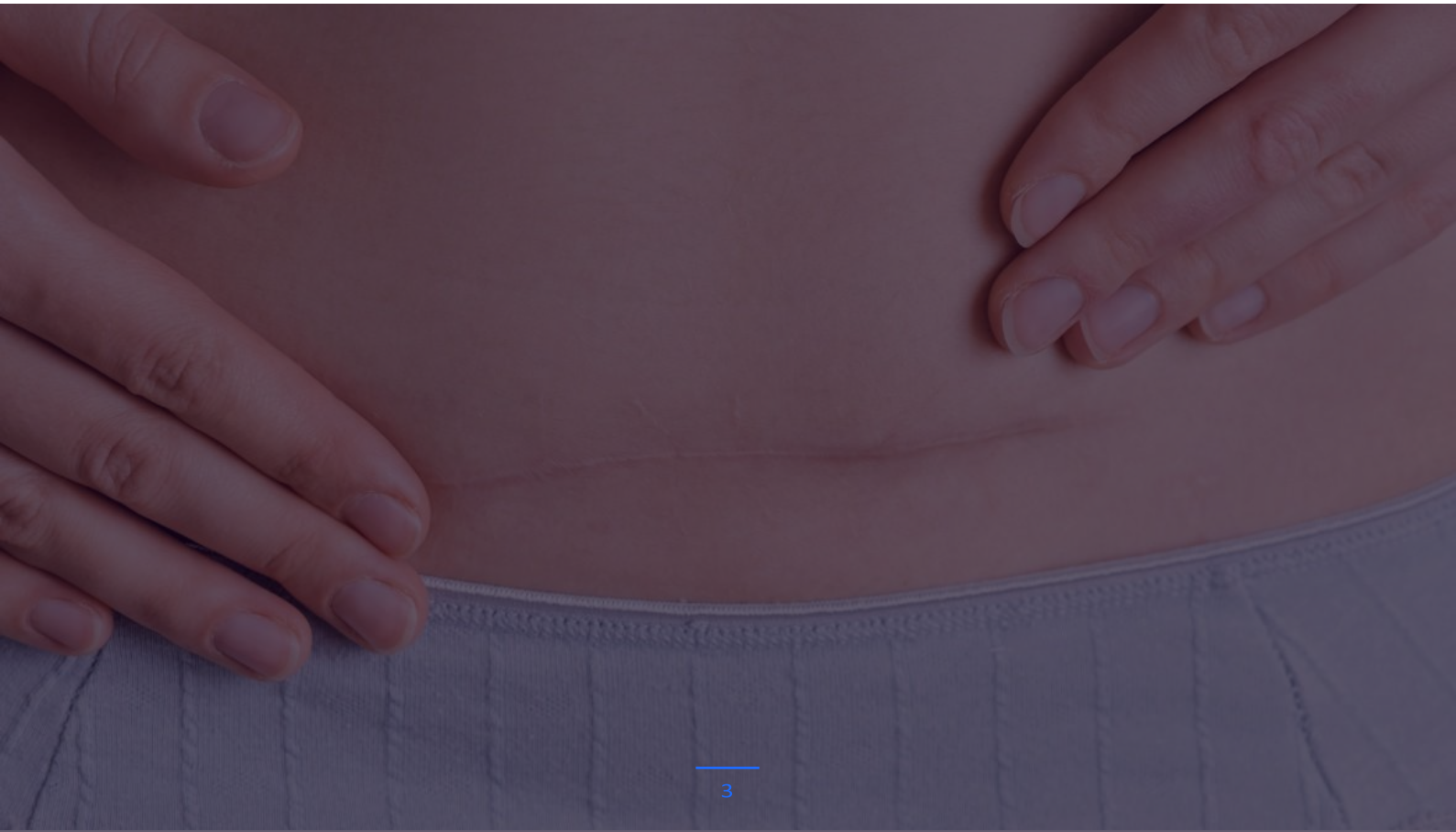
Suction cups, available in various sizes, are selected based on the areas to be treated. They are used with pressure levels tailored to therapeutic goals:

- **From 150 to 200 mmHg:** this pressure promotes increased capillary permeability.
- **400 to 500 mmHg:** this pressure provides an anti-retraction effect, particularly for retractile scars.
- **From 600 to 800 mmHg:** this is used to create a detachment effect, which is particularly effective on adherent scars.

Techniques for manipulating the suction heads vary according to needs:

- **Local maneuvers:** the suction head is moved gradually, lifting it with each movement, with or without twisting.
- **Sliding maneuver:** the head can be slid over the skin, possibly combined with twisting or rotation, including over periscariotic areas.
- **Wave-like movement:** a technique similar to the kneading-rolling method can also be used.

The suction intensity must be adjusted based on the **patient's comfort** and the observed **skin reaction**.



2 | VISUAL GAUGE EQUIVALENCE TABLE

GAUGE LEVEL

EQUIVALENT IN mBar

Level 0

0 mBar

Level 1

100 mBar

Level 2

150 mBar

Level 3

200 mBar

Level 4

250 mBar

Level 5

300 mBar

Level 6

400 mBar

Level 7

500 mBar

Level 8

600 mBar

Level 9

700 mBar

Level 10

900 mBar

3

ACCESSORIES

To ensure the proper functioning and longevity of the device, **regular cleaning of the filters is essential**. This helps prevent clogging and premature wear.



R3

Conical suction head



R9

Small cylindrical suction head



R15

Medium cylindrical suction head



R25

Small round suction head



R35

Medium round suction head



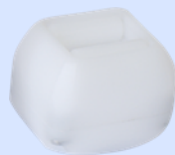
R60

Large round suction head



S8

Soft silicone suction head



PR10

Mini kneading roller



PALPING

Kneading-rolling



STYLET

Stylet



4 SCARS

THE 4 PHASES OF SCAR FORMATION

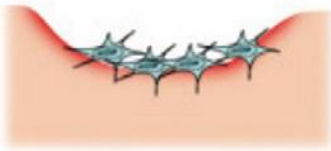
1 | Hemostatic phase and inflammatory (1 to 3 days)



As soon as the wound appears, blood vessels dilate, followed by constriction and the formation of clots due to platelets, then a scab. Leukocytes and macrophages intervene to remove necrotic tissue, germs, and bacteria. This phase is characterized by an inflammatory reaction: erythema, edema, pain, and a local increase in temperature.



2 | Granulation phase (approximately 1 week)



Under the influence of macrophages, fibroblasts are stimulated and produce large amounts of collagen, elastin, and connective tissue to fill in the tissue loss. Damaged capillaries form new vessels, giving the wound a red, granular appearance.



3 | Epithelialization phase (1 to 3 weeks)



Once the connective tissue has stabilized, the collagen fibers begin to remodel. Keratinocytes migrate from the edges of the wound, and the wound gradually contracts, resulting in primary scar closure.



4 | Remodeling phase (up to 1 year)



The collagen in the dermis is gradually broken down and remodeled. Myofibroblasts facilitate a slow contraction of the wound edges, strengthening the connection between the epidermis and the dermis. The scar then becomes more supple, smooth, and soft, until the final scar is formed.

CONTRACTILE, FIBROUS, AND ADHESIVE SCARS

CHARACTERISTICS OF CONTRACTILE SCARS

A retractile scar is characterized by a retraction of the scarred area, causing tension on the surrounding skin tissues. It appears as fibrous, rigid bands that are slightly raised above the healthy skin. In addition to its cosmetic impact, it can cause functional discomfort.

CHARACTERISTICS OF FIBROUS SCARS

Hypertrophic or keloid scars result from an overproduction of collagen during the healing process. The density of the fibrous tissue distorts the scar, significantly increasing its volume. These scars are characterized by a marked inflammatory response that occurs later in the healing process.

CHARACTERISTICS OF ADHESIVE SCARS

Adhesive scars form when the scar adheres to underlying structures (for example, after a thyroidectomy or cesarean section). An adhesion is an abnormal fusion of two normally separate surfaces caused by the scarring process. This type of scar is classified as a pathological scar.

PROGRAM

1

Mobilize

Accessory: Suction head (adjust as needed)

Mode: Pulsed

Duration: 5 minutes

Pressure: 150 mbar = Level 2

Precautions: Avoid excessive redness; use a light, upward, comma-shaped motion



2

Smoothing

Accessory: Suction head (adjust as needed)

Mode: Continuous

Duration: 5 minutes

Pressure: 150 mbar = Level 2

Precautions: Avoid excessive redness; use a light, upward, comma-shaped motion

CESAREAN SECTION

CHARACTERISTICS

A cesarean scar results from a horizontal incision, usually located above the pubic bone, measuring between 10 and 15 centimeters. It may appear swollen, raised, or flat, depending on the quality of healing and skin type. Because it involves deep connective tissue, it carries an increased risk of adhesions to underlying structures, which can lead to functional or aesthetic discomfort

PROGRAM

1

Vascularize

Accessory: R35 suction head

Mode: Continuous

Duration: 5 minutes

Pressure: 100 mbar = Level 1



2

Smoothing

Accessory: PR10 kneading roller

Mode: Continuous

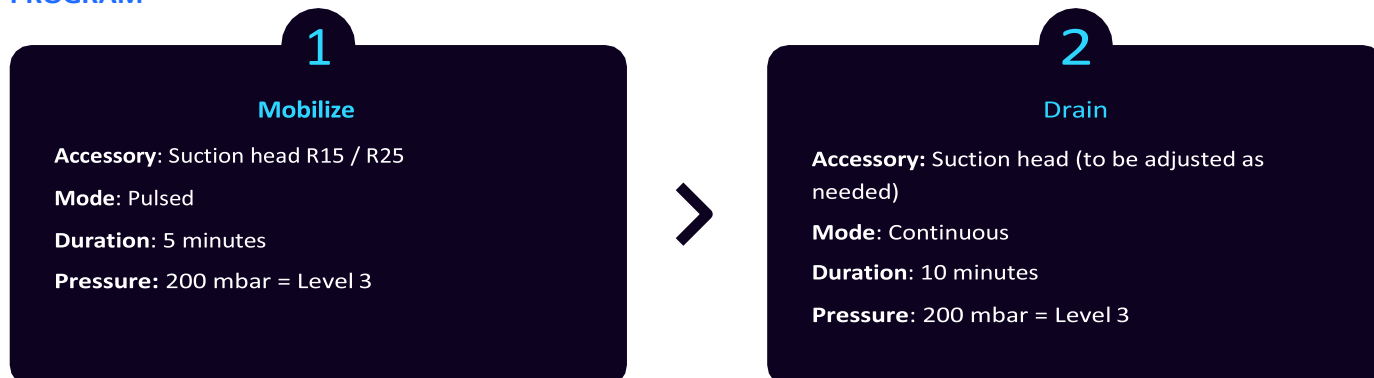
Duration: 10 minutes

Pressure: 200 mbar = Level 3

5 | DRAINAGE

EDEMA

PROGRAM



UPPER AND LOWER LIMBS

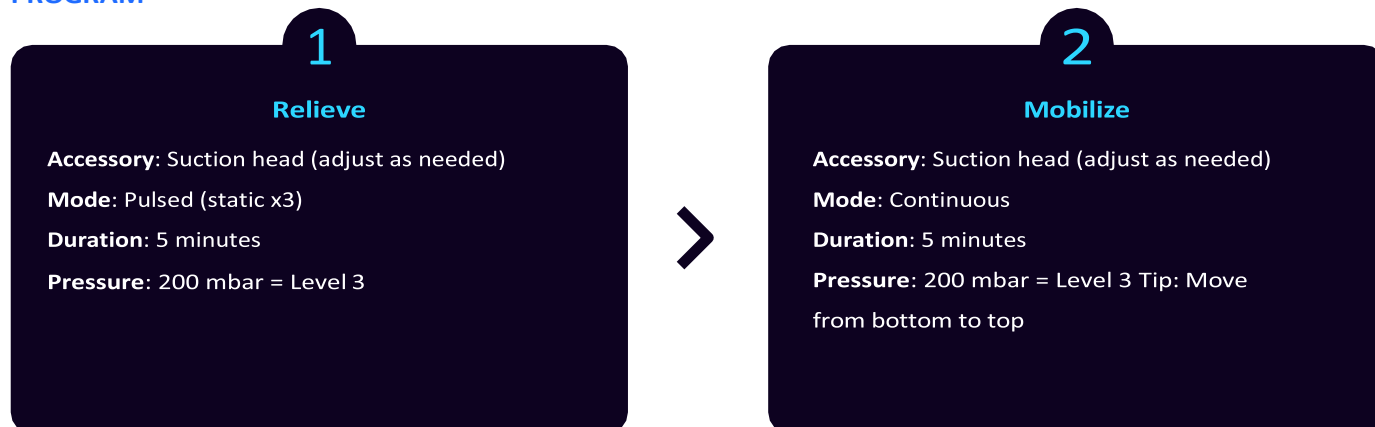
PROGRAM



6 | TENDINOPATHY

Tendinopathy refers to all conditions affecting the tendons, including not only inflammation (tendinitis) but also degenerative lesions such as tears, calcifications, tendon ruptures, nodules, or enthesopathies. These conditions often arise from repeated microtrauma or mechanical overuse, leading to changes in tendon structure and persistent pain.

PROGRAM



7 | SPINE

NECK PAIN

CHARACTERISTICS

Neck pain is characterized by pain localized in the cervical vertebrae, often caused by poor posture, trauma (such as a “whiplash” injury), cervical osteoarthritis, or muscle tension. It may be accompanied by stiffness, headaches, or pain radiating to the shoulders and arms, and is common in people who maintain improper postures for extended periods.

Depressootherapy helps relieve muscle tension and improve cervical mobility by stimulating local blood circulation and reducing tissue adhesions.

PROGRAM



BACK PAIN

CHARACTERISTICS

Back pain refers to pain located in the thoracic vertebrae, between the shoulder blades. It often results from muscular imbalances, poor posture (particularly during prolonged sitting), stress, or underlying conditions such as joint or visceral disorders. This pain, which can be dull and persistent, may limit mobility and impact quality of life.

Through depressotherapy, it is possible to relax the back muscles, alleviate pain, and restore better joint mobility by promoting the drainage of toxins and increased blood flow to the tissues.

PROGRAM



LOW BACK PAIN AND SCIATICA

CHARACTERISTICS OF LOWER BACK PAIN

Low back pain is pain localized in the lower back, at the level of the lumbar vertebrae. It can be acute or chronic, and is often linked to physical exertion, sudden movements, poor posture, or degenerative conditions (herniated disc, osteoarthritis). In most cases, it is considered

“common” and is not a serious condition, but it can become debilitating if it persists.

Depressotherapy works by decompressing the lumbar regions, improving microcirculation, and reducing muscle spasms, which helps to reduce pain and accelerate functional recovery.

CHARACTERISTICS OF SCIATICA

Sciatica refers to sharp pain along the path of the sciatic nerve, generally caused by compression or irritation of this nerve (herniated disc, joint impingement). It manifests as pain radiating from the lower back to the buttock, thigh, and sometimes down to the foot, often accompanied by tingling, numbness, or muscle weakness.

By targeting areas of nerve compression, depressotherapy helps reduce local inflammation, relax the surrounding muscles, and relieve pain radiating along the sciatic nerve.

PROGRAM



8 | BURNS

Depression therapy works by creating localized areas of negative pressure, allowing it to reach the deep layers of the dermis and subcutaneous tissue. This technique promotes tissue mobilization, improves local circulation, and facilitates the functional and aesthetic recovery of burned areas.

PROGRAM

1

Mobilize

Accessory: Suction head (adjust as needed)

Mode: Pulsed (static x3 then tapping x3)

Duration: 5 minutes

Pressure: 150 mbar = Level 2



2

Loosen

Accessory: Suction head (adjust as needed)

Mode: Continuous (smoothing x3)

Duration: 5 minutes

Pressure: 200 mbar = Level 3



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