FACE | BODY | MIND



West Chester Dentistry & Wellness

Treatment Booklet

WEST CHESTER, OHIO



Dr. Phuoc Tran, DDS

WEST CHESTER DENTISTRY & WELLNESS

Personal care, built on trust.

Dr. Phuoc Tran has practiced dentistry since 1996. His approach brings modern dental technology together with attentive, family-focused care. He helps patients understand their options and builds a plan around their individual needs.

Bring your questions, share what matters to you and take time to understand your options. Your care begins with a conversation and an individual plan.



Dr. Lauren Tran, DDS

WEST CHESTER DENTISTRY & WELLNESS

Thoughtful care. A familiar team.

Dr. Lauren Tran focuses on clear explanations, patient comfort and care for every age. She listens to your concerns and helps you understand preventive, restorative and cosmetic options.

Bring your questions, share what matters to you and take time to understand your options. Your care begins with a conversation and an individual plan.

About our practice

Our practice brings modern dental technology and attentive, family-focused care together in one familiar setting. Your questions and your goals shape the conversation.

Our approach

Care works best when people feel listened to, informed and supported. Start with clear explanations, explore the options and build a plan around your individual needs.

Your dental team includes Dr. Phuoc Tran, Dr. Lauren Tran, Dr. Sarah Bui and Dr. Varena Farid. The proposed FACE | BODY | MIND treatment menu in this review awaits the practice's confirmation.

West Chester Dentistry & Wellness

Contact our team

Personalize your visit

FACE | BODY | MIND

Please check the concerns you would like to discuss with your care team.

FACE

- ☐ Jaw pain / tension
- ☐ Fine lines / wrinkles
- ☐ Facial lift / muscle tone
- ☐ Under-chin fullness
- ☐ Skin texture / tone
- ☐ Under-eye concerns
- ☐ Acne-scar appearance

BODY

- ☐ Build / tone muscle
- ☐ Abdomen / thigh contour
- ☐ Skin firmness
- ☐ Bladder leakage
- ☐ Pelvic-floor concerns
- ☐ Muscle strength / function

MIND

- ☐ Mood concerns
- ☐ Mental wellness
- ☐ Questions about TMS
- ☐ Current treatment history
- ☐ Goals for everyday life
- ☐ Other concerns

Use this checklist to start a conversation. The care team will confirm available services and the options that fit your goals.

EMFACE Cheeks

Support natural facial contours.

23%

average facial lift in a combined forehead + cheek study

98%

satisfaction score reported by the study

Refresh softer facial contours and support a naturally lifted look. EMFACE Cheeks works on facial muscles and skin together in one needle-free treatment.

HOW IT WORKS

Gentle muscle stimulation activates the muscles that support your cheeks. At the same time, radiofrequency warms the skin to encourage collagen and elastin renewal.



4	20 min	Weekly
typical starting visits	per session	usual spacing

Combined forehead + cheek study, 21 adults; average results at 3 months. Individual results vary. Kinney & Boyd, 2024.

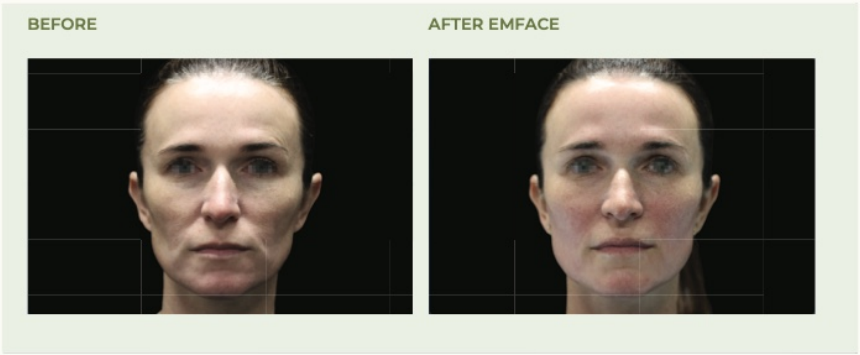
EMFACE Cheeks

Results & what to expect

4
typical starting visits

20 min
per session

Needle-free
no injections



After the 4th treatment. Courtesy of Joel L. Cohen, MD. Individual results vary.

What can improve?

Cheek support, facial contours and the appearance of lines. Changes build over the treatment series as skin and muscle respond.

What does it feel like?

Expect warmth and rhythmic muscle contractions. You can usually return to your routine straight afterward.

Cheek and forehead treatment can be planned together for a coordinated facial refresh.

Combined forehead + cheek study, 21 adults; average results at 3 months. Individual results vary. Kinney & Boyd, 2024.

EMFACE Forehead

A focused approach to the upper face.

2.3-3.2 mm

average brow elevation at 24 weeks in one study

4

weekly treatments in the study

A focused treatment for the forehead and brow area. EMFACE combines skin warming and muscle stimulation to soften the appearance of lines and support a refreshed upper face.

HOW IT WORKS

The forehead applicator stimulates the muscle beneath your skin while radiofrequency encourages collagen renewal. Together, they support skin quality and brow position.



4	20 min	Weekly
study treatments	typical session	usual spacing

37-adult prospective study; average brow changes at 24 weeks. Individual results vary. Frank et al., 2025.

EMFACE Forehead

Results & what to expect

20 min
typical session

Needle-free
no injections

4 visits
study series



BTL manufacturer upper-face example. Individual results vary.

A more open, rested look

A 37-person study measured improved forehead lines and an average brow elevation of 2.3-3.2 mm at 24 weeks.

Your upper-face plan

Your provider considers brow position, skin concerns and other facial treatments when recommending your series.

An upper-face plan tailored to your brow, skin and natural expression.

37-adult prospective study; average brow changes at 24 weeks. Individual results vary. Frank et al., 2025.

EMFACE Eyes

Focused care for the under-eye area.

28% reduction in crow's-feet severity in a preliminary pilot.

64% reduction in measured dark-circle appearance.

A brighter, more rested-looking eye area. Dedicated EMFACE Eye applicators address the appearance of under-eye puffiness, dark circles and fine lines without needles.

HOW IT WORKS

Radiofrequency encourages skin renewal while muscle stimulation supports the tissues beneath the eye. The applicators are designed specifically for this delicate area.



4	20 min	No needles
weekly sessions	per session	noninvasive care

Preliminary pilot, 15 adults aged 51-70; 1-month results. BTL data on file. Individual results vary. BTL/Palm et al., preliminary eye pilot.

EMFACE Eyes

Results & what to expect

4 visits pilot series.

20 min per session.

1 month pilot follow-up.



1 month after the 4th treatment. Courtesy of Melanie Palm, MD, MBA. Results vary.

A refreshed eye area

The early study reported improvements in crow's feet, dark circles and eye-bag appearance after four weekly treatments.

Care that fits your concern

Puffiness and dark circles have different causes. Your provider helps decide whether this treatment fits your skin and goals.

WHAT THIS MEANS FOR YOU

Focused eye-area care, with no injections and no planned downtime.

Preliminary pilot, 15 adults aged 51-70; 1-month results. BTL data on file. Individual results vary. BTL/Palm et al., preliminary eye pilot.

EMFACE Submentum

Treat the area beneath the chin.

36.2%

average reduction in overall under-chin volume at 3 months

30.4%

average reduction in under-chin fat volume at 3 months

Improve the appearance of under-chin fullness and a softer jawline. The dedicated submentum applicator works on skin, underlying fat and supporting muscle.

HOW IT WORKS

Targeted radiofrequency heats the under-chin tissues while muscle stimulation activates the supporting muscle. This layered approach is designed for the area beneath the chin.



4	20 min	Weekly
study treatments	per session	usual spacing

33-adult MRI study with concurrent cheek treatment; average reductions at 3 months. Individual results vary. DiBernardo et al., 2025.

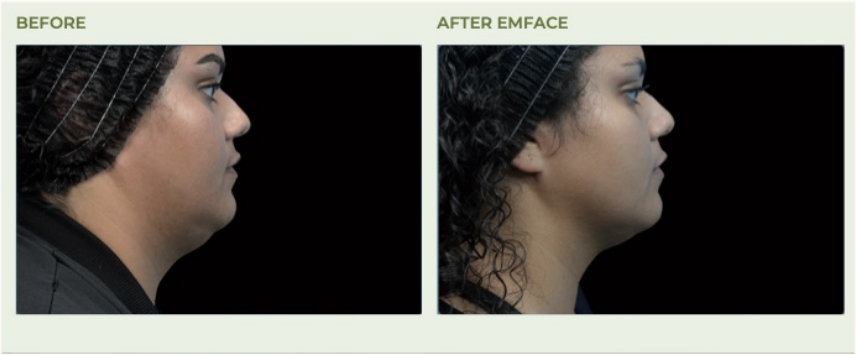
EMFACE Submentum

Results & what to expect

4 visits
study series

20 min
per session

93.9%
satisfied in the study



After the 4th treatment. Courtesy of Carolyn Jacob, MD. Individual results vary.

A more defined profile

A 33-person study found that under-chin volume continued to improve between the one- and three-month reviews.

A plan for your jawline

Your provider assesses fullness, skin laxity and facial structure to recommend the right areas and settings.

Changes develop over time as the treated tissues respond.

33-adult MRI study with concurrent cheek treatment; average reductions at 3 months. Individual results vary. DiBernardo et al., 2025.

EMFACE Functional TMJ

A dedicated treatment for jaw function.

91%
patient satisfaction reported by BTL

20 min
typical treatment session

Support easier chewing, more comfortable jaw movement and relief from muscle-related tension. EMFACE Functional TMJ combines gentle stimulation with soothing heat.

HOW IT WORKS

The treatment helps relax jaw muscles and supports local circulation. EMFACE is cleared to treat TMJ dysfunction and associated pain and to help maintain or improve jaw movement.



4	20 min	Weekly
typical starting visits	per session	usual spacing

BTL TMJ patient brochure; satisfaction data on file. Individual results vary. BTL Functional TMJ brochure.

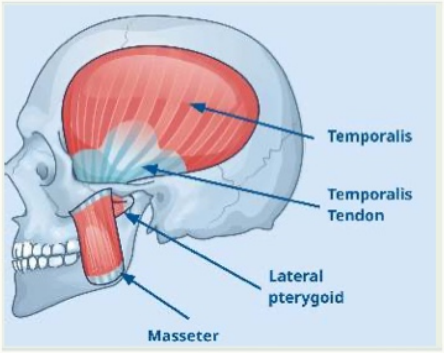
EMFACE Functional TMJ

Results & what to expect

4 visits
typical initial series

20 min
per session

Needle-free
noninvasive treatment



Muscles involved in jaw movement. Illustration: BTL.

When to ask about TMJ care

Jaw pain, facial tension, trouble chewing or difficulty opening your mouth are reasons to discuss a focused jaw assessment.

How progress is reviewed

Your dentist tracks comfort, chewing and jaw opening, then adjusts the plan to your response and other dental needs.

The goal is less tension and more comfortable everyday jaw function.

BTL TMJ patient brochure; satisfaction data on file. Individual results vary. BTL Functional TMJ brochure.

EXION Face / HA Treatment

Support your skin's own building blocks.

41%
skin-texture improvement reported by BTL

95%
patient satisfaction reported by BTL

Help skin look smoother, more hydrated and firmer. EXION Face encourages your skin's natural renewal without injecting hyaluronic-acid filler.

HOW IT WORKS

Radiofrequency and targeted ultrasound work together beneath the surface. This stimulation supports the skin's own hyaluronic acid, collagen and elastin production.



4	10-30 min	7-14 days
typical starting visits	depending on area	typical spacing

BTL-reported clinical/experience figures, data on file. Individual results vary. BTL Device Overview, p.14.

EXION Face / HA Treatment

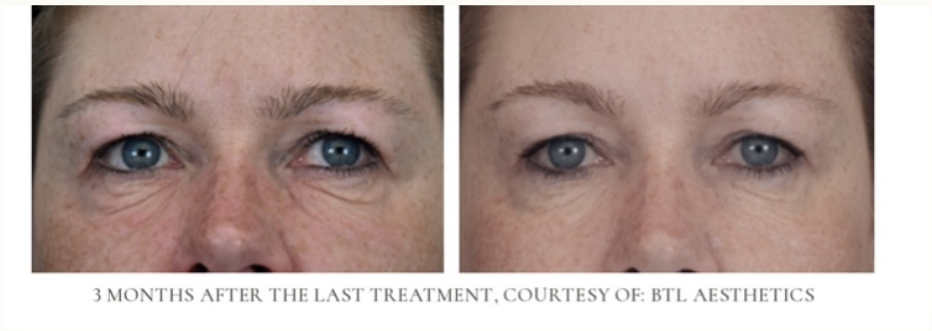
Results & what to expect

Needle-free
no HA injections

4 visits
typical initial series

10-30 min
depending on area

BEFORE AFTER



3 months after the last treatment. Courtesy of BTL Aesthetics. Results vary.

What can improve?

Hydration, texture, fine lines and firmer-looking skin. Delicate areas around the eyes, lips and lower face can be included in your plan.

What to expect

The applicator delivers a warming treatment. A series gives your skin time to respond, with progress reviewed over the following weeks.

A gentle option for supporting skin quality and a natural-looking glow.

BTL-reported clinical/experience figures, data on file. Individual results vary. BTL Device Overview, p.14.

EXION RF Microneedling

Precision remodeling below the surface.

41%
improvement in acne scars in a 34-person study summary

82%
of participants reported comfortable treatment

Refine acne-scar appearance, uneven texture and fine lines. EXION RF Microneedling delivers precise energy beneath the surface to support skin remodeling.

HOW IT WORKS

Fine needles deliver radiofrequency heat into selected skin layers. This controlled treatment encourages collagen renewal, with settings tailored to your skin and treatment area.



3	7-14 days	1-3 months
visits in the scar study	study visit spacing	study follow-up

BTL summary of a 34-adult study using 3 treatments. Conference data. Individual results and recovery vary. Clark-Loeser & Halaas, ASLMS 2022.

EXION RF Microneedling

Results & what to expect

3 visits
scar-study series

1 pass
per treated area

Face + body
selected areas

BEFORE AFTER



1 month after the last treatment. Courtesy of Diane Duncan, MD. Results vary.

What can improve?

Acne-scar appearance and uneven skin texture. Your provider selects needle depth and energy settings for the area and your goals.

Plan for recovery

Warmth, redness, swelling or pinpoint marks can occur. Your provider explains numbing options, aftercare and when to restart your skincare routine.

A targeted collagen-renewal treatment for skin that needs more than surface care.

BTL summary of a 34-adult study using 3 treatments. Conference data. Individual results and recovery vary. Clark-Loeser & Halaas, ASLMS 2022.

EXION Clear RF

Smart Microablation for skin renewal.

1 month
follow-up shown in the manufacturer example

3
sessions in a sample Clear RF package

Refresh uneven-looking tone, discoloration and rough texture. EXION Clear RF is a surface-focused skin-renewal treatment using Smart Microablation.

HOW IT WORKS

Precise radiofrequency pulses treat tiny areas at the skin's surface. As these areas renew, the aim is a smoother, more even-looking complexion.



Tone
uneven-looking color

Texture
surface refinement

3 visits
example series

BTL manufacturer example after 1 treatment; photographed at 1 month. Individual results vary. BTL Clear RF patient brochure.

EXION Clear RF

Results & what to expect

1 treatment
in the example below

1 month
photo follow-up

3 visits
Example package

BEFORE

AFTER **EXION***



1 MONTH AFTER THE 1ST TREATMENT, COURTESY OF: DIANE DUNCAN, M.D. *CLEAR RF

BTL example: 1 month after the first treatment; courtesy Diane Duncan, MD.

What can improve?

The appearance of brown or red spots, uneven tone and surface texture. The manufacturer example shows one patient one month after a first treatment.

A simple recovery plan

Temporary redness, warmth or roughness can occur. Your provider explains gentle skincare, sun protection and when to resume active products.

Clear RF focuses on the skin's surface for tone and texture refinement.

BTL manufacturer example after 1 treatment; photographed at 1 month. Individual results vary. BTL Clear RF patient brochure.

EXION Body

Firming and contour care beyond the face.

85%
skin-laxity improvement reported by BTL

22%
targeted fat reduction reported by BTL

Address looser-looking skin and localized fullness on selected body areas. EXION Body combines skin-firming and contour-focused treatment options.

HOW IT WORKS

Radiofrequency and targeted ultrasound heat tissue beneath the skin. Active cooling protects the surface during deeper treatment. Areas may include the abdomen, arms and thighs.



4	10-30 min	7-14 days
typical initial visits	depending on area	typical spacing

BTL-reported, area-specific clinical outcomes, data on file. Individual results vary. BTL EXION Body clinical data.

EXION Body

Results & what to expect

96%
patient satisfaction

4 visits
typical initial series

10-30 min
depending on area



3 months after the last treatment. Courtesy of David Kent, MD. Results vary.

Your body-area goals

Skin laxity and localized fullness are assessed separately so the treatment mode matches the change you want to see.

Gradual visible change

A treatment series allows time for tissue remodeling. Photos and a later review help you and your provider assess progress.

Care is planned by body area, with attention to both skin quality and contour.

BTL-reported, area-specific clinical outcomes, data on file. Individual results vary. BTL EXION Body clinical data.

EMSCULPT NEO

Muscle + Contour / Work on muscle and fat together.

30%
average fat reduction reported by BTL

25%
average muscle growth reported by BTL

Build and tone muscle while addressing localized fat. EMSCULPT NEO treats both in the same visit for selected body areas.

HOW IT WORKS

Electromagnetic stimulation creates strong muscle contractions while radiofrequency warms the tissues. The two energies work together on muscle and fat.



4	30 min	Weekly
typical starting visits	per session	usual spacing

BTL clinical data on file. Group averages for selected body treatments; individual results vary. BTL EMSCULPT NEO clinical data.

EMSCULPT NEO

Muscle + Contour / Results & what to expect

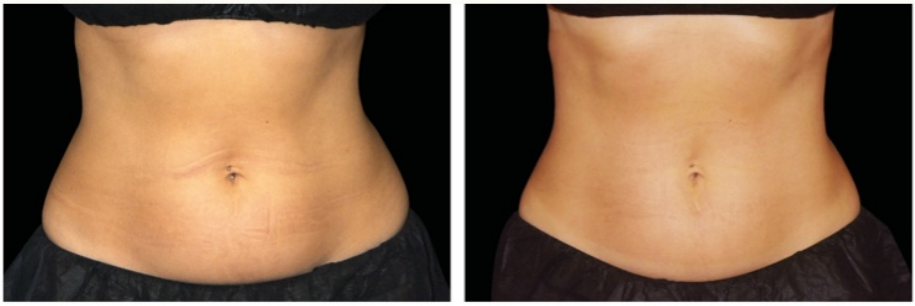
4 visits
typical initial series

30 min
per session

2 energies
muscle + fat treatment

BEFORE

AFTER



3 MONTHS AFTER THE LAST TREATMENT, COURTESY OF: SUZANNE KILMER, M.D.

3 months after the last treatment. Courtesy of Suzanne Kilmer, MD. Results vary.

Shape, tone and strength

Common treatment areas include the abdomen, buttocks, arms, thighs and calves. Functional care can also focus on muscle engagement and mobility.

Core to Floor

For suitable patients, abdominal treatment can be paired with EMSELLA to work on the abdominal core and pelvic-floor muscles together.

A plan can focus on body contour, muscle support or selected functional goals.

BTL clinical data on file. Group averages for selected body treatments; individual results vary. BTL EMSCULPT NEO clinical data.

EMSELLA

Pelvic-Floor Health / A stronger pelvic floor. Fewer interruptions.

64.4%
average urinary symptom-score improvement at 3 months

53.7%
average reduction in pad use at 3 months

Feel more confident about bladder control. EMSELLA is a seated, fully clothed treatment that strengthens and re-educates weakened pelvic-floor muscles.

HOW IT WORKS

Electromagnetic stimulation creates thousands of pelvic-floor contractions during a session. These muscles help support the bladder and control leakage, without an internal probe.



6	28 min	2 / week
visits in the study	per session	study schedule

Study of 75 women, six 28-minute visits. Group-average changes at 3 months. Individual results vary. Samuels et al., 2019.

EMSELLA

Pelvic-Floor Health / Results & what to expect

6 visits
study series

28 min
per session

Fully clothed
seated care

IMPROVEMENT AFTER THE COURSE AND AT 3 MONTHS

Urinary symptom-score improvement



Reduction in pad use



Samuels et al., 2019: group-average changes after six visits and at three months.

When to ask about EMSELLA

Leaks with coughing, exercise or sudden urgency are worth discussing. Your provider checks the pattern of symptoms and whether pelvic-floor treatment fits your needs.

What visits feel like

You remain clothed and seated while the muscles contract. A course of treatment and follow-up help track changes in leakage and pad use.

Less disruption from leaks, with progress measured against your own starting symptoms.

Study of 75 women, six 28-minute visits. Group-average changes at 3 months. Individual results vary. Samuels et al., 2019.

EXOMIND

Mental Wellness / Magnetic stimulation. No medication delivered.

88%

showed improved well-being scores in a 33-person study

under 30 min

typical treatment session

A noninvasive, drug-free treatment using magnetic stimulation. EXOMIND works with brain circuits involved in mood, focus and self-control.

HOW IT WORKS

An applicator near the scalp delivers magnetic pulses to a selected brain region. Repeated stimulation influences nerve-cell activity and communication. You remain awake throughout the session.



4-6 visits	~25 min	Awake
wellness-study series	study session length	during treatment

88%: 33-person well-being study. Comfort: review of 182 actively treated participants. Individual results vary. Panek et al., 2026 review.

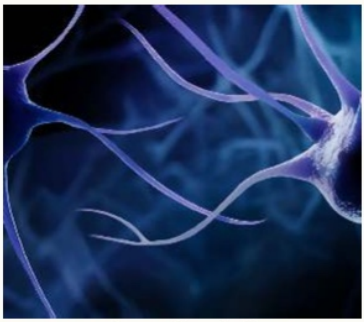
EXOMIND

Mental Wellness / Results & what to expect

93.3%
reported comfortable treatment

Drug-free
magnetic stimulation

~25 min
study session length



Before stimulation



After stimulation

Conceptual illustration of neural connections. Illustration: BTL.

Mental wellness, supported

Early research has measured improvements in well-being. A review of eight studies also reported high treatment comfort among actively treated participants.

A plan for your care

EXOMIND is FDA-cleared for adult major depressive disorder when prior antidepressant treatment has not helped enough. Your provider reviews your history and recommends a course.

Your EXOMIND plan is coordinated with your existing mental-health care.

88%: 33-person well-being study. Comfort: review of 182 actively treated participants. Individual results vary. Panek et al., 2026 review.

Your treatment plan

Clear information. A plan that fits you.

Start with your goals

Tell us what you would like to improve and what matters most in your daily life.

Know what to expect

Review your recommended areas, visits, recovery and pricing before deciding.

A QUICK TIMING GUIDE

TREATMENT	PER VISIT	SESSIONS
EMFACE areas / TMJ	~20 min	4
EXION Face / Body	10-30 min	4
EXION RF Microneedling	Varies by area	3
EXION Clear RF	Varies by area	3
EMSCULPT NEO	~30 min	4
EMSELLA	28 min	6
EXOMIND	~25 min	4-6

Typical starting series are shown. Your provider confirms the total number of sessions, treatment areas and schedule recommended for you.

Your goals & questions

Bring your thoughts to the conversation.

What I would like to change or discuss

Questions for my provider

Contact our team

Scan to visit our contact page and discuss your next step.

513-755-2118

wcfamilydentistry.com

West Chester Dentistry & Wellness

Let's start with you.

Scan to contact our team

wcfamilydentistry.com

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