

EMSELLA

Pelvic Floor & Intimacy Care Treatment for Men & Women

EMSELLA is a non-invasive, FDA-approved treatment designed to enhance pelvic floor strength, improve urinary incontinence, and promote intimacy care for both men and women. Using high-intensity focused electromagnetic (HIFEM) technology, EMSSELLA stimulates pelvic floor muscles, improving muscle tone, bladder control, and sexual health without the need for invasive procedures.

WHAT TO EXPECT DURING YOUR TREATMENT

- **Consultation:** A consultation will be required to evaluate your specific pelvic health concerns, such as urinary incontinence, pelvic floor weakness, or intimacy-related issues, to create a tailored treatment plan.
- **Treatment Process:** During the treatment, you will sit fully clothed on the EMSSELLA chair, which uses electromagnetic energy to stimulate deep pelvic floor muscle contractions. This treatment is designed to replicate the effects of Kegel exercises but is more intense and effective.
- **Sensation:** You will feel mild contractions in the pelvic region as the electromagnetic energy stimulates the muscles. Some clients describe the sensation as a light, vibrating feeling. The procedure is generally painless and non-invasive.
- **Duration:** Each session lasts around 28 minutes, and there is no downtime associated with the treatment. Most people find it easy to relax during the treatment.
- **Multiple Sessions:** A series of 6 sessions is recommended, spaced 2 times per week, for optimal results. Follow-up sessions may be required for maintenance, depending on individual needs.

BEFORE YOUR EMSSELLA TREATMENT

- **Consultation Required:** If this is your first EMSSELLA treatment or you have specific medical conditions (such as pelvic surgeries, active cancer, or pregnancy), a consultation is necessary to ensure the treatment is safe and appropriate for you.
- **Hydrate:** Drink plenty of water before your treatment to ensure that your pelvic muscles are relaxed and responsive during the session.
- **Avoid Alcohol & Caffeine:** It is recommended to avoid alcohol and large amounts of caffeine 24 hours before the session, as these can interfere with muscle responsiveness and comfort.

- **Wear Comfortable Clothing:** You should wear loose-fitting clothing, as you will remain fully clothed during the treatment. A pair of comfortable pants or shorts is ideal.
- **Empty Your Bladder:** Ensure your bladder is empty before your appointment to prevent any discomfort during treatment.

AFTER YOUR EMSELLA TREATMENT

- **No Downtime:** There is no downtime after your treatment, and you can return to normal activities immediately. Some people experience mild soreness in the pelvic region, similar to how muscles feel after exercise, but this should resolve quickly.
- **Mild Sensitivity:** Some mild sensitivity or a slight increase in pelvic floor muscle activity may be felt following the treatment, but this is temporary.
- **Urinary Incontinence Improvement:** For individuals treating urinary incontinence, you may begin to notice improvements in bladder control within a few weeks of completing the treatment series.
- **Enhanced Intimacy:** EMSELLA can also help improve sexual health by strengthening pelvic muscles and increasing blood flow to the area, leading to better sensation and sexual function.
- **Follow-Up Treatments:** A maintenance session every 3-6 months may be recommended to maintain the results, depending on your individual needs.

WHAT TO EXPECT POST-TREATMENT

- **Gradual Results:** While some patients report noticing improvements after just one or two sessions, optimal results generally occur after completing the full series of treatments (typically 6 sessions).
- **Increased Pelvic Floor Strength:** As the pelvic muscles become stronger, you may notice improvements in bladder control, reduced urgency, and better overall pelvic health.
- **Ongoing Improvement:** The benefits of EMSELLA treatment can continue to improve for up to 6 months after the final session, as the muscles continue to strengthen and the body adjusts.
- **Enhanced Quality of Life:** Many individuals report an improvement in their quality of life, with reduced pelvic discomfort, better bladder control, and enhanced sexual satisfaction.

POST-TREATMENT CARE

- **Stay Active:** While there is no downtime, it is encouraged to stay active and maintain a healthy lifestyle to complement the strengthening of your pelvic muscles.
- **Stay Hydrated:** Continue to drink plenty of water to support your muscles and overall health.
- **Avoid Irritants:** If you're treating urinary incontinence, try to avoid bladder irritants such as caffeine or spicy foods to support your treatment progress.

If you have any questions or concerns before or after your EMSELLA treatment, don't hesitate to contact us. We're here to help you achieve optimal pelvic health and improve your overall quality of life with this safe, effective, and non-invasive treatment!