

EMSELLA®

About EMSSELLA

Body aging, childbirth, and menopause can lead to incontinence. Urinary incontinence — the loss of bladder control — is a common and often embarrassing problem. The severity ranges from occasionally leaking urine when you cough or sneeze to having an urge to urinate that's so sudden and strong you don't get to a toilet in time. Pelvic floor muscles that insufficiently support pelvic organs can affect bladder control. EmSella effectively stimulates pelvic floor muscles, equaling 20,000 contractions or 20,000 Kegels. That stimulation leads to regained control over pelvic floor muscles and bladder.

Concerns Treated With EmSella

- Urinary incontinence for Men & Women
- Sexual health for women - increase in tightness, control and lubrication
- Sexual health for men - increase in blood flow

The Treatment

During this non-invasive 28 minute treatment you remain fully clothed and there is no recovery time. The sensation you will experience is best described as a tingling feeling as your pelvic floor muscles contract during the procedure. Your provider will tailor a treatment plan for you. A typical treatment plan is at least six treatments, ideally twice a week. EmSella is a great option for women and men of any age who desire a solution for urinary incontinence and improvement in their quality of life. You may begin to observe improvement after a single session. The results will typically continue to improve over the next few weeks. Maintenance treatments are recommended 3-6 months after finishing your series to continue your results.

Pre & Post Care Instructions

Pre-Care:

- Dress comfortably for the treatment so that your legs can be apart and your back can be straight so that the pelvis is tilted correctly.
- It is best to not have any metal on the body or clothing. Including zippers.
- Remove the jewelry from your hands, wrists, and torso prior to treatment.
- Wear light fabric bottoms vs heavy sweats. Some Lululemon leggings have metallic fibers, so do not wear that brand of legging.
- Bring a book or magazine to read. Phones and electronic devices will not be able to be used during treatment because of the electromagnetic energy.
- Clients who are menstruating should not have the treatment done on that day.

Post-Care:

- You may resume normal daily activities immediately after the treatment.

Next steps:

- Schedule a follow in 3 months to review results