



THE BODY CLINIC  
BAY AREA COSMETIC DERMATOLOGY

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## PRE TREATMENT FOR EMSELLA

We are excited you have chosen to treat with one of our favorite treatments, Emsella! We want to ensure you are fully informed of all treatment details and expectations. We also want to make you most comfortable during and after your treatment. Please review the following information and let your provider know if you have any questions or concerns.

### TREATMENT PLANS AND FREQUENCY OF YOUR TREATMENTS

**EMSELLA** is intended to provide entirely non-invasive electromagnetic stimulation of pelvic floor musculature for the purpose of rehabilitation of weak pelvic muscles and restoration of neuromuscular control for the treatment of urinary incontinence.

- **We suggest 6 - 12 treatments, done 1-2x/ week. The number of treatments will be determined during your consultation with one of our registered nurses.**
- Full results typically take 12 weeks after your final treatment.

### WHAT TO INFORM US OF PRIOR TO TREATMENT

- If you have a copper IUD or metal implants in the area (this includes the hip), you will not be able to treat.
- If you are near your menstrual cycle or are currently menstruating, please contact our office to reschedule your appointment once your cycle is finished.
- Please inform us if you have drug pumps, defibrillators, or other implants.
- Prior to treatment, please let us know of any medical conditions you are being treated for or if you currently are feeling unwell for any reason.

### WHAT TO EXPECT DURING ] TREATMENT

- There is typically no pain associated with your treatment and there is no anaesthetic required. You will experience gradually increasing tingling feeling and muscle contractions. These sensations in the pelvic area are normal and expected.

### WHAT TO EXPECT AFTER TREATMENT

- There are certain risks associated with EMSELLA treatments and they include but are not limited to: muscular pain, temporary muscle spasm, temporary joint or tendon pain, local erythema, or skin redness.
- It is possible and sometimes common to experience more leakage after the first few treatments due to fatigue of the muscle. This will lessen as you progress through your series and the muscles strengthen.

## OUR PROMISE TO YOU

Our goal is to make you the most comfortable and informed before, during and after your treatment. However, we cannot provide exact timelines for how long it will take to see results or predict exactly how you will respond. Each person is unique, and your response will be as well. Additional treatments or services may be needed to achieve your final goal.

**Always feel free to contact us with any questions or concerns.**

**AFTER HOURS? Please email us - we regularly monitor to ensure our patients are never without support.**

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