

Emsella

Pre-Care:

1. Consultation: Schedule a consultation with a healthcare provider to ensure Emsella is a suitable treatment for your specific needs and conditions.
2. Medical History: Provide a detailed medical history, including any pelvic or urinary issues, to your healthcare provider.
3. Hydration: Stay well-hydrated before the treatment. Proper hydration can enhance the effectiveness of the procedure.
4. Clothing: Wear comfortable clothing to the session. The treatment involves sitting fully clothed in the Emsella chair.
5. Empty Bladder: Before the session, it's recommended to empty your bladder to ensure comfort during the treatment.

Post-Care:

1. Hydration: Continue to stay well-hydrated post-treatment to support the body's recovery process.
2. Resume Normal Activities: You can typically resume your normal activities immediately after the Emsella session. There is usually no downtime.
3. Avoid Strenuous Exercise: While Emsella is non-invasive, it's advisable to avoid strenuous exercise for a day or two after the procedure.
4. Follow Provider's Instructions: Adhere to any specific post-care instructions provided by your healthcare provider. This may include recommendations for subsequent sessions or additional treatments.
5. Monitor for Changes: Pay attention to any changes in urinary function or symptoms. It may take some time to notice improvements, so be patient.
6. Follow-up Appointments: Attend any follow-up appointments as recommended by your healthcare provider to assess the progress and determine if additional sessions are necessary.
7. Maintain Pelvic Health: Consider incorporating pelvic floor exercises into your routine to complement the effects of Emsella and promote overall pelvic health.