

Pre and Post Care Emsella

On the day of the Procedure

Wear comfortably clothes, please avoid wearing any metal jewelry or accessories because an MRI type magnet is used for this treatment. Wear clothing without metal buttons or zippers. Once your appointment begins, you'll simply sit on the EMSELLA chair fully clothed. A typical treatment takes approximately 30 minutes. Because the powerful magnet can damage your cell phone, consider bringing something to read.

Recovery after EMSELLA

There is no downtime or time needed for recovery after the EMSELLA treatment is done. You may resume to normal, daily activities immediately after treatment.

How Many Treatments Will I Need?

It is recommended to schedule for three consecutive weeks where you come in each week. There must be 2-3 days between each treatment session. After the initial series of 6 treatments, patients may need enhancement treatments every 1 to 6 months depending on the severity of urinary incontinence and desired results.

Results with EMSELLA?

It takes a series of at least six sessions to achieve optimal results, but you may notice improvements after your first EMSELLA session. EMSELLA will help build and strengthen your pelvic floor muscles. With that, the pelvic floor muscles need regular exercise to maintain their strength just like any other muscle. The best way to maintain the improvements achieved by EMSELLA is to combine regular maintenance EMSELLA treatments with daily, at-home Kegel exercises.