



QR code — Ivy Collaborative

IVY COLLABORATIVE HEALTHCARE

*We help people **Feel Good, Look Good & Function Well***

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www.IvyCollaborative.com

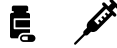


EMSCULPT NEO TREATMENT GUIDE

Self-Help, Traditional Approaches & Ivy Collaborative Support

1. What Emsculpt Neo Is For

You train and still see a soft layer over muscle—or you cannot load a joint hard enough to grow the muscle you need. Emsculpt Neo is an FDA-cleared, non-invasive device that pairs HIFEM+ (supramaximal muscle contractions) with radiofrequency that heats fat cells. In one 30-minute visit it aims at both sides of composition: thicker muscle and fewer fat cells in the treated field. It is body contouring and functional strengthening, not a diet. Best near a stable weight (BMI generally ≤ 35) on abdomen, flanks, buttocks, thighs, arms, or calves.



2. Self-Help Strategies

- Keep lifting, walking, protein, and sleep in place—the device adds to that base
- Stay hydrated; mild workout-like soreness for 1–3 days is common
- Hold weight stable after treatment so remaining fat cells do not enlarge
- Take photos and waist or strength notes rather than only the scale
- Know the myth: this is not a shortcut that replaces training or nutrition
- Tell your clinician about metal, devices, hernia, pregnancy, or nursing

3. Traditional Medicine Options

- Dietitian and training plans for fat loss and hypertrophy
- Physical therapy when pain or diastasis limits gym work
- Liposuction or other surgery for selected contouring goals
- Understand limits: exercise shrinks fat cells; it does not destroy them. Voluntary reps cannot match HIFEM intensity
- Ask whether a dual-energy, FDA-cleared device fits your goals and BMI

4. How Ivy Collaborative Can Help

- Emsculpt Neo (BTL) — only device in this class combining HIFEM+ and synchronized RF
- ~20,000 contractions plus fat-heating RF in 30 minutes
- Clinical averages: ~25% more muscle and ~30% less subcutaneous fat in treated areas*
- Typical course: 4–6 weekly 30-minute sessions; no downtime*
- Physician-directed plans with Dr. Jocelyn Bayliss, MD
- Used for contour and for function (core, glutes, postpartum abdomen)

5. Helpful Links

Self-Help

nutrition.gov
cdc.gov/physicalactivity
Protein • Training • Sleep

Traditional Medicine

niddk.nih.gov/weight
mayoclinic.org/fitness
Nutrition • PT • Surgery options

Ivy Collaborative

ivycollaborative.com — [Emsculpt Neo](#)
[Schedule your Wellness Assessment](#)
Emsculpt Neo
Physician-directed care with Dr. Jocelyn Bayliss, MD
dual board-certified psychiatrist

6. Contact Ivy Collaborative Healthcare

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Complimentary Wellness Assessments available • Muscle building with concurrent fat reduction

When the gym has done what it can, a dual-energy session may be the next tool—not a replacement for the work.



*Emsculpt Neo (BTL) is FDA-cleared for non-invasive muscle strengthening and fat reduction. Published HIFEM+RF studies report averages such as ~25% more muscle thickness and ~30% less subcutaneous fat; diastasis studies report about a 19% reduction in abdominal separation. Individual results vary. Not a weight-loss procedure or a substitute for hernia repair. Typical course is 30-minute sessions (often 4–6 visits) and may be individualized. Metal or electronic implants in the treatment area, pacemakers, defibrillators, pregnancy, nursing, and active hernia in the field are common contraindications—eligibility is determined after physician screening. Serving Augusta, Evans, Grovetown, Martinez, North Augusta, Harlem, and Richmond, Columbia, and Burke Counties.