



QR code — Ivy Collaborative

IVY COLLABORATIVE HEALTHCARE

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

2100 Central Avenue, Suite 6 | Augusta, GA 30904 | (706) 364-3461

www.IvyCollaborative.com



EMSELLA TREATMENT GUIDE

Self-Help, Traditional Approaches & Ivy Collaborative Support

1. What Emsella Is For

Emsella is an FDA-cleared chair that uses HIFEM energy to contract the pelvic floor far beyond a typical Kegel. You remain clothed. A 28-minute session delivers about 11,200 supramaximal contractions. It is used for urinary incontinence and pelvic-floor weakness in women and men—stress leaks, urge symptoms, mixed leaks, and postpartum recovery after clearance. Stronger muscle can also support comfort and confidence with intimacy. It is not a substitute for evaluating infection, blood in urine, or significant prolapse.



2. Self-Help Strategies

- Wear comfortable clothes; empty the bladder before you sit
- Keep home Kegels and “the knack” going if your PT taught them well
- Treat constipation; straining undoes floor work
- Expect possible workout-like pelvic soreness after early visits
- Know the myth: one session replaces six. The course is the treatment
- Tell your clinician about pregnancy, metal, or implanted devices

3. Traditional Medicine Options

- Confirm leak type: stress, urge, mixed, overflow
- Pelvic-floor physical therapy remains first-line for many
- Medications, pessary, or surgery when those fit the diagnosis
- Understand limits: poorly performed Kegels and pads do not rebuild the floor
- Ask whether a 28-minute, fully clothed HIFEM course is appropriate

4. How Ivy Collaborative Can Help

- Emsella (BTL) — FDA-cleared HIFEM pelvic-floor chair
- 28 minutes, fully clothed, no anesthesia, no downtime
- Typical course: 6 sessions over about 3 weeks (often twice weekly)*
- Many notice change by sessions 2–4; fuller effect 4–6 weeks after the series*
- Maintenance every 6–12 months is often discussed
- Physician-directed plans with Dr. Jocelyn Bayliss, MD

5. Helpful Links

Self-Help	Traditional Medicine	Ivy Collaborative
niddk.nih.gov / bladder voicesforpfd.org <i>Kegels • Constipation • Logs</i>	urologyhealth.org augs.org / patients <i>Diagnosis • PT • Surgery options</i>	ivycollaborative.com — Emsella Schedule your Wellness Assessment <i>Emsella • Consultation</i> <i>Physician-directed care with Dr. Jocelyn Bayliss, MD</i> <i>dual board-certified psychiatrist</i>

6. Contact Ivy Collaborative Healthcare

2100 Central Ave, Ste 6, Augusta, GA 30904 | 706.364.3461

Complimentary Wellness Assessments available • Non-invasive pelvic-floor strengthening

Leaks and a weak floor are treatable—you do not have to work around them forever.



*Emsella (BTL) is FDA-cleared for urinary incontinence. Strengthening the pelvic floor may improve related comfort, tone, and confidence; it is not a stand-alone treatment for pelvic organ prolapse or a surgical substitute. Typical course is six 28-minute, fully clothed sessions over about 3 weeks and may be individualized; maintenance every 6–12 months is often discussed. Individual results vary. Pacemakers, defibrillators, metal in the pelvis/hips, pregnancy, and certain implanted electronic devices are common contraindications—eligibility is determined after physician screening. Serving Augusta, Evans, Grovetown, Martinez, North Augusta, Harlem, and Richmond, Columbia, and Burke Counties.