



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

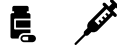


IDENTIFYING & MANAGING VAGINAL LAXITY

Self-Help, Traditional Approaches & Ivy Collaborative Support

1. What Vaginal Laxity Can Feel Like

A sense of looseness. Less friction and sensation. Tampons that will not stay. Air trapping with exercise or sex. After birth or with menopause, vaginal tissues and pelvic-floor muscle can lose tone and elasticity. Laxity is not only “cosmetic.” It can change pleasure, confidence, and sometimes continence. Estrogen loss thins tissue; muscle stretch reduces the hammock of support. You can name this in a clinic without it becoming the whole of who you are.



2. Self-Help Strategies

- Learn a correct pelvic-floor lift and a full release
- Use lubricant; dryness plus laxity is a difficult pair
- Give postpartum tissues months, not days, before judging tone
- Track sensation, support (tampon stay), and leaks together
- Know the myth: another year of unsupervised Kegels will always restore tone
- See a clinician for bulge, pain, bleeding, or a sudden change

3. Traditional Medicine Options

- GYN or pelvic-PT exam to separate laxity, atrophy, and prolapse
- Local vaginal estrogen after menopause when appropriate
- Supervised pelvic-floor therapy
- Energy-based vaginal treatments or surgery for selected patients after shared decision-making
- Understand limits: home Kegels help some—and leave others still feeling open or numb
- Ask about non-surgical, FDA-cleared pelvic-floor strengthening

4. How Ivy Collaborative Can Help

- Emsella (BTL) — FDA-cleared HIFEM chair for urinary incontinence that densely trains pelvic-floor muscle
- 28-minute, fully clothed sessions; about 11,200 contractions
- Stronger pelvic-floor muscle may improve vaginal support and sensation*
- Typical course: 6 visits over about 3 weeks; no downtime*
- Complements—not replaces—hormone care, PT, or surgery when those are indicated

5. Helpful Links

Self-Help	Traditional Medicine	Ivy Collaborative
womenshealth.gov voicesforpfd.org <i>Form • Lubricant • Time to heal</i>	acog.org aug.org / patients <i>Exam • Estrogen • PT</i>	ivycollaborative.com — Emsella Schedule your Wellness Assessments available <i>Emsella • Pelvic-floor tone</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 reconditioning

Looseness after birth or menopause is a tissue-and-muscle issue—support is available.



*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.