



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



IMPROVING SEXUAL WELLNESS & INTIMACY

Self-Help, Traditional Approaches & Ivy Collaborative Support

1. What Intimacy Changes Can Feel Like

Less sensation, a harder time reaching orgasm, dryness, tightness, or pain with sex can follow childbirth, pelvic-floor weakness, or menopause. The pelvic floor is part of arousal and orgasm—not only continence. When those muscles are weak, uncoordinated, or guarded, intimacy can feel distant, effortful, or something to avoid. Shame often keeps people from asking for help. These are medical and musculoskeletal issues layered with hormones and relationship stress. They are common, and they are treatable without assuming surgery is the first step.



2. Self-Help Strategies

- Use a quality lubricant; dryness is not a character flaw
- Go slowly; pain is a stop sign, not something to push through
- Practice a gentle pelvic-floor lift and a full release—both matter
- Talk with one trusted partner or clinician about what has changed
- Protect sleep and reduce alcohol if they blunt arousal
- Know the myth: “this is just what happens after kids or 50” is not a plan
- See a clinician for persistent pain, bleeding, or sudden loss of desire with mood change

3. Traditional Medicine Options

- Confidential visit with GYN, urogynecology, or pelvic PT
- Rule out infection, skin conditions, and significant prolapse
- Vaginal estrogen or other local hormone care after menopause when appropriate
- Pelvic-floor physical therapy for tone, coordination, and pain
- Sex therapy or couples counseling when anxiety or avoidance is high
- Surgery only for selected anatomic problems after shared decision-making
- Understand limits: kegels and lube help many—and leave others with residual numbness or pain
- 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 reconditions pelvic-floor muscle
- About 11,200 contractions in a 28-minute, fully clothed session
- Stronger, better-timed pelvic-floor muscle may support sensation, comfort, and confidence*
- Typical course: 6 visits over about 3 weeks; ED (10-12 visits over 6 weeks) no downtime*
- Complements—not replaces—hormone care, pelvic PT, and relationship work

5. Helpful Links

Self-Help	Traditional Medicine	Ivy Collaborative
womenshealth.gov voicesforpfd.org Lubricant • Communication • Pelvic floor	acog.org / sexual health isswsh.org GYN • Hormones • Pelvic PT	ivycollaborative.com — Emsella Schedule your Wellness Assessment Emsella • Pelvic-floor strength Physician-directed care with Dr. Jocelyn Bayliss, MD dual board-certified psychiatrist

6. Contact Ivy Collaborative Healthcare

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

Complimentary Wellness Assessments available • Private, non-invasive pelvic-floor care

Intimacy changes are medical, not a verdict on you or your relationship—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.