

Emsella Aftercare Instructions

Thank you for choosing us for your Emsella treatment. Proper aftercare is essential to ensure safe healing and the best possible results. Please follow these instructions carefully:

What to Expect:

- No downtime — you may return to normal daily activities immediately
- Mild muscle soreness or tingling in the pelvic area, similar to completing a workout
- Some clients may notice improvements in bladder control or pelvic floor strength after a few sessions
- Best results typically occur after completing the full treatment series

Immediately After Treatment:

- You may feel mild fatigue or tingling in the pelvic area — this is normal
- Resume all normal activities, including exercise and driving
- Drink water to stay hydrated, as the muscles have been actively engaged

First 24 Hours:

- You may notice a slight increase in urinary awareness or pelvic sensitivity
- Avoid overexerting your core or pelvic area if you feel sore
- No restrictions on bathing, intimacy, or daily movements
- Stay hydrated to help your body recover and flush out lactic acid buildup

Ongoing Care (Days 2-14):

- Continue your treatment schedule as recommended (usually twice weekly for 3–6 weeks)
- Incorporate light pelvic floor exercises if advised by your provider
- Stay consistent for best long-term results
- Some clients may benefit from occasional maintenance sessions after the initial series
- Pay attention to changes in bladder control or core stability and share feedback with your provider

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Additional Tips:

- Stay consistent with your treatment plan — results build over time
- Avoid caffeine and heavy lifting immediately after treatment if you feel sensitive
- Strengthen results by supporting your pelvic health with proper hydration and nutrition
- Let us know about any pelvic floor symptoms, even if subtle — we can adjust your plan as needed

If you have any questions or experience any unusual symptoms, please contact us at 808.585.8855. Thank you for trusting us with your care!