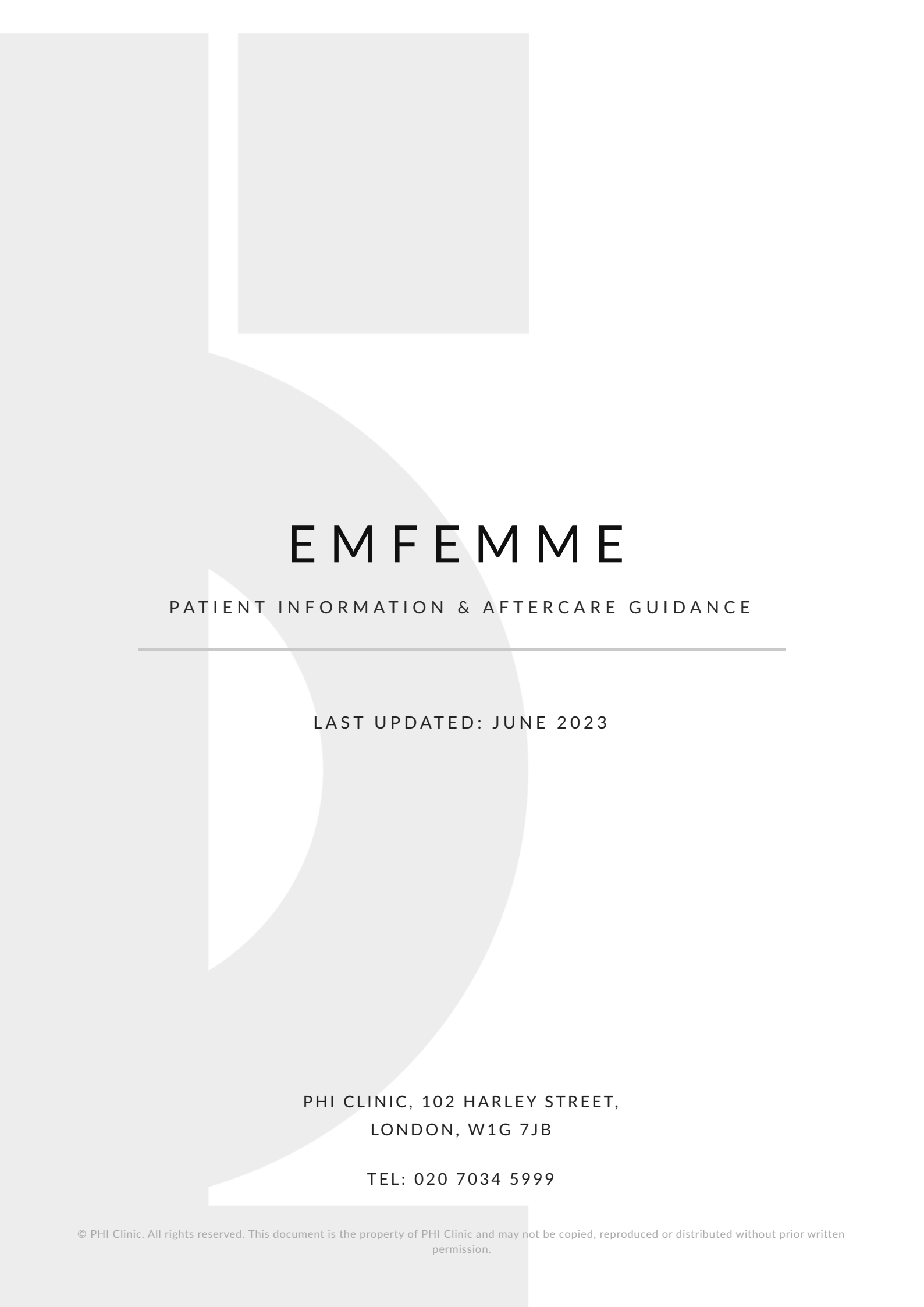




EMFEMME

PATIENT INFORMATION & AFTERCARE GUIDANCE

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EMFEMME INFORMATION

WHAT IS EMFEMME AND HOW DOES IT WORK?

EmFemme is a non-invasive radio frequency (RF) treatment designed for external tightening and remodelling of the vagina and labia. The RF energy heats the treatment area and as a result stimulates the generation of new collagen which helps to improve the appearance and laxity of the vaginal tissue. Each treatment takes approximately 45 minutes.

WHO IS THIS TREATMENT FOR?

The intimate treatment can be carried out on all age groups as well as a variety of different concerns.

20-30's – aesthetic benefits

30-40's – aesthetic benefits, reduction of trauma scars, incontinence post pregnancy, libido

40+ - aesthetic benefits, libido, incontinence, vaginal dryness and discolouration, menopause related concerns

HOW OFTEN SHOULD I HAVE TREATMENT, AND HOW MANY WILL I NEED?

EmFemme treatments are patient specific depending on the concern and the desired outcome. On average it has been found that 3-6 sessions are needed to see a significant improvement. These sessions should be spaced 1-2 weeks apart.

WHAT RESULTS CAN I EXPECT?

It is important to understand that while results are long-lasting, it cannot be guaranteed that results are permanent. Maximum results are experienced on average over 3 to 6 months after the last treatment. Results are also determined on the severity and age of the concern. Treatment on recent injury/changes such as 6 months following child birth is more likely to see improvements than treatment on concerns that came about during puberty. Maintenance treatments may be needed, usually 1-2 sessions annually.

WHAT WILL IT FEEL LIKE DURING AND AFTER THE TREATMENT?

During the treatment the area will feel warm. The skin will remain red for up to an hour after treatment and may be hot to the touch. While there is no downtime the skin can remain slightly red with minor swelling to the area 24-72 hours post treatment. Normal daily activities may be resumed post treatment but intercourse is not advised for 48 hours. Recommended aftercare advice will be given after each treatment to help to achieve the best results possible and to minimise complications.

IMPORTANT INFORMATION:

It is essential that you are well hydrated and have eaten well the day before and the day of treatment to ensure adequate operation of the device. You should be clean shaven prior to arriving at the clinic. We cannot perform treatment whilst menstruating- you should reschedule your appointment if this is the case. Post pregnancy treatments can only be carried out 6 weeks post pregnancy and/or after your last gynaecology appointment.

CONTRAINDICATIONS TO TREATMENT:

- Pacemakers
- Metal implants (e.g. hip) or Intrauterine Devices (eg. Copper Coil)
- Active sexually transmitted diseases
- Pregnancy and breastfeeding
- Cancer
- Moderate to severe prolapse

PRE-TREATMENT EXAMINATION:

You will need to provide evidence of an up-to-date smear test which shows no abnormalities detected before proceeding with this treatment. The area should be free from hair in order to treat all external areas and wear loose clothing on the day of treatment.

As this treatment treats internally we will also require confirmation of having an internal gynaecological examination within 6 months of starting treatment from either a GP, private gynaecologist or our in-house doctor here at Phi Clinic. We can organise for you to see one of our doctors here at Phi Clinic or alternatively visit the 'Same Day Doctor' on 52 Queen Anne Street (W1G 8HL) for an internal gynaecological examination. If you choose to have an examination outside of Phi Clinic we will require a letter confirming the results before treatment can proceed.

HOW MUCH WILL IT COST?

As each patient and their concern is individual and unique pricing of each treatment can only be established after a consultation to assess the area, size and degree of the concern. Treatment starts from £750 per session or £2000 course of 3.

EMFEMME AFTERCARE

Please follow the below recommended aftercare advice to achieve maximum results and to avoid complications:

- You can resume your daily activities as normal post treatment but avoid intercourse for 48 hours.
- The area may be slightly red and warm with tenderness to touch for a couple of days post treatment.
- We advise to book back in for your second treatment 1-2 weeks after your first treatment to see maximum results.

COMMON SIDE-EFFECTS OF TREATMENT INCLUDE:

- Swelling and/or redness for 2 – 3 days
- Mild tenderness
- Increase in vaginal discharge

MEDICATIONS ADMINISTERED PRE OR DURING TREATMENT:

Routinely you will not have had medications administered to you pre or during this treatment.

Should you need any further advice, or would like to book in for your next session of treatment, please call **0207 034 5999**, alternatively, you can email us at **info@phiclinic.com**