Patient Information Leaflet

RADIO FREQENCY

(For Bladder Control, Pelvic Floor Strength & Sexual Wellness)

HELEN HUNT MEDICAL AESTHETICS

What Is Radio Frequency (RF)

Radiofrequency therapy is a non-surgical, non-invasive treatment that uses gentle heat energy to stimulate your body's natural healing response. It has been safely used in medical treatments for many years and is now commonly used to support pelvic floor health.

The treatment delivers controlled warmth to pelvic tissues, helping to improve circulation, tissue firmness, and muscle function.

How can RF Therapy Help?

1.Urinary Incontinence

RF therapy can be particularly helpful for women experiencing urinary incontinence, including stress urinary incontinence (such as leakage when coughing, laughing or exercising) and mild to moderate bladder weakness. The treatment works by gently heating the tissues to stimulate collagen production, which helps strengthen the tissue around the bladder and urethra. By enhancing the support of the pelvic structures, RF therapy may improve bladder control and reduce episodes of leakage over time.

2.Pelvic Floor Tone

RF therapy can also support pelvic floor muscle tone, which may weaken following childbirth, menopause, ageing or surgery. By stimulating collagen production and improving overall tissue elasticity, the treatment helps enhance muscle tone and provide greater pelvic stability and strength. This can work beautifully alongside pelvic floor exercises, such as Kegels, to further support and maintain long-term pelvic health.e.

3. Sexual Function & Comfort

Many patients report noticeable improvements in vaginal tone and firmness, as well as enhanced sensation and sensitivity. RF therapy may also support natural lubrication and improve overall comfort during intimacy. These benefits are linked to increased blood flow and improved tissue health within the treated area, helping to restore confidence and wellbeing.

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Is RF therapy Safe?

✓ Radiofrequency therapy is generally very well tolerated and considered safe when carried out by a trained healthcare professional. However, it is not suitable for everyone. You may not be eligible for treatment if you are pregnant, have a pacemaker or implanted electronic device, have an active pelvic infection or cancer, or have certain medical conditions. Your practitioner will complete a thorough consultation to ensure the treatment is appropriate and safe for you

How many treatments are needed?

Most patients benefit from a course of treatments, typically between three and six sessions. Appointments are usually spaced a few weeks apart to allow the tissues to respond and rebuild naturally. Results develop gradually over time as collagen production increases, and your practitioner will recommend a personalised treatment plan tailored to your individual needs and goals.

What to Expect During Treatment

✓ Duration: 20 to 30 minutes, you can return to normal activities immediately.
✓ No anaesthesia required
✓ Relaxing & Comfortable for most patients
✓ A gentle & warm sensation

You should avoid RF if you:

- Are pregnant
- Have a pacemaker or implanted electronic device
- Have an active pelvic infection or cancer
- Have certain medical conditions (your practitioner will assess this)

Possible Side Effects

Side effects are usually mild and temporary:

- Warmth or slight redness
- Mild sensitivity in the treated area

Serious complications are rare.

Important to know

It is important to understand that RF therapy is not a replacement for surgery where surgical intervention is medically required, and results can vary from person to person. The best outcomes are often achieved when treatment is combined with healthy lifestyle habits and regular pelvic floor exercises.
If you are experiencing bladder leakage, pelvic floor weakness or changes in sexual comfort, please know that you are not alone — and support is available. We encourage you to speak with your practitioner to explore whether radiofrequency therapy is right for you and to discuss a personalised treatment plan tailored to your needs.