PATIENT INFORMATION · QUICK GUIDE · WOMEN'S HEALTH

Radiofrequency for *intimate wellbeing*

For bladder control, pelvic floor strength and sexual wellness

HELEN HUNT MEDICAL AESTHETICS

What is radiofrequency (RF) therapy?

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

Controlled warmth is delivered to the pelvic tissues, helping to improve circulation, tissue firmness and muscle function.

How can RF therapy help?

1. **Urinary incontinence**
   Particularly helpful for stress urinary incontinence (leakage when coughing, laughing or exercising) and mild to moderate bladder weakness. Gently heating the tissues stimulates collagen, helping to strengthen the tissue around the bladder and urethra.
2. **Pelvic floor tone**
   Tone can weaken after childbirth, menopause, ageing or surgery. By improving tissue elasticity, RF therapy helps support muscle tone and strength, and works well alongside pelvic floor exercises.
3. **Sexual function & comfort**
   Many patients report improvements in vaginal tone, firmness and sensation. Increased blood flow may also support natural lubrication and comfort during intimacy.

At a glance

TREATMENT TIME
20–30 minutes

ANAESTHETIC
Not required

COMFORT
A gentle, warm sensation, relaxing for most patients

DOWNTIME
None, return to normal activities straight away

RECOMMENDED COURSE
3–6 sessions, a few weeks apart

RESULTS
Develop gradually as collagen builds

COMMONLY USED TO SUPPORT

- Stress urinary incontinence
- Mild to moderate bladder weakness
- Pelvic floor tone after childbirth, menopause or surgery
- Vaginal tone and firmness
- Comfort during intimacy

WHAT TO EXPECT

- Treatment takes 20–30 minutes
- A gentle, warm sensation
- Relaxing and comfortable for most patients
- No anaesthetic required
- Return to normal activities immediately

HOW MANY TREATMENTS?

Most patients benefit from three to six sessions, a few weeks apart, giving the tissues time to respond and rebuild. Your practitioner will recommend a personalised plan for you.

IS RF THERAPY SAFE?

RF therapy is very well tolerated and considered safe when carried out by a trained healthcare professional. Your practitioner will always complete a thorough consultation first.

NOT SUITABLE IF YOU ARE

- Pregnant
- Undergoing IVF treatment
- Less than 6 weeks postpartum

POSSIBLE SIDE EFFECTS

Usually mild and temporary:

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

Serious complications are rare.

IMPORTANT TO KNOW

RF therapy is not a replacement for surgery where surgical treatment is medically required, and results vary from person to person. The best outcomes are often achieved alongside healthy lifestyle habits and regular pelvic floor exercises. If you are experiencing bladder leakage, pelvic floor weakness or changes in sexual comfort, please know you are not alone, and support is available. Our team is always happy to help on 01392 984171.

Begin with a *consultation*

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BOOK ONLINE

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SCAN TO BOOK

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