

Post Pregnancy Treatments

Being a new mother is always tough. As you dedicate yourself towards taking care of your baby, we here to provide you with medical aesthetics support in your post-partum recovery journey. Here are some breast-feeding safe, and medically proven treatments options to help you regain your pre-pregnancy figure quickly and effectively! Depending on your individual concerns and needs, doctor may also tailor a customized package for you - we highly recommend consulting one of our doctors so she may advise on the most optimal treatment plan.



1. **Emsculpt** - For muscle toning, core strengthening and diastasis recti (post-partum muscle separation)

In the past, surgery was the only option for diastasis recti. However, an innovative new non-invasive technology called Emsculpt has the ability to transform the abdomen and significantly improve diastasis recti without surgery, incisions, anesthesia, or downtime. It utilises High-Intensity Focused Electromagnetic (HIFEM) technology to initiate extremely powerful muscle contractions. This treatment **simultaneously builds muscle and burn fat without any downtime, pain or side effects within 30 mins!** The energy induces almost 20,000 supramaximal muscle contractions per session (similar to doing 20,000 sit-ups). According to

clinical studies, Emsculpt can effectively reduce approximately 19% of fat in the treatment area, and at the same time increase muscle mass by 16%.

Benefits of Emsculpt:

- Restore core muscle function
- Improve posture and reduce back pain
- Improve pelvic floor dysfunction

Emsculpt is a non-invasive way of strengthening & rebuilding muscle. The result is a firmer, leaner, stronger core and more toned abdomen - although it can be used on the buttocks as well.

Read more about Emsculpt here: <https://www.priveclinic.com/clinic-services/bodyworks/emsculpt/>

2. **Picosure Focus Laser** - For stretchmarks

Picosure features a unique Picosecond Alexandrite 755 nm wavelength and a patented Proprietary Focus™ Lens Array that is 20 times more powerful than other Pico Lasers. It breaks down pigments, and stimulating the production of new collagen and elastic fibres in the epidermis to repair uneven skin texture to reduce the appearance of stretch marks.

Read more about Picosure here: <https://www.priveclinic.com/clinic-services/pigmentation-dull-skin/picosure-laser/>

3. **Exilis Elite Body or Thermage Body** - For skin tightening

Exilis Elite Body is an FDA-approved, non-invasive treatment designed to safely and effectively tighten loose skin by promoting collagen stimulation. This skin tightening and fat reduction treatment has been clinically proven to remove stubborn fat from the body while also improving the texture and tone of your skin. During the treatment, precisely controlled radiofrequency energy is used to heat the deeper layers of the skin. This heat eliminates fat cells and shrink the loose skin. This relaxing treatment feels like a warm massage and is ideal for firming post-pregnancy belly skin. Regular monthly sessions are recommended for best results.

Read more about Exilis Elite Body here: <https://www.priveclinic.com/clinic-services/bodyworks/exilis-elite-body/>

Thermage Body is an FDA approved, non-invasive body contouring solution for loose skin and wrinkles. It utilises radiofrequency energy to contour, smooth, and tighten loose skin. This treatment is done by doctor and 1 treatment is sufficient for long lasting results that last a year or more. There may be some discomfort depending on individual pain tolerance, but there will be measures available in clinic to help make the procedure more comfortable for patients.

Read more about Thermage here: <https://www.priveclinic.com/clinic-services/bodyworks/thermage-cpt-body/>

4. **Coolsculpting** - For fat loss

As your body may change quite dramatically after having a baby - from additional unwanted fat to loose skin, CoolSculpting® may be the best fit for stubborn lower abdomen fat. This cryolipolysis (fat freezing) treatment is an FDA-cleared non-surgical body contouring and fat reduction treatment that uses controlled cooling to eliminate stubborn fat. According to clinical studies, 1 treatment destroys up to 20% of fat cells in the treated area without damaging the surrounding nerves and tissues. It is a good complement to diet and exercise in helping new mothers regain their pre-pregnancy figure quickly.

Read more about Coolsculpting here: <https://www.priveclinic.com/clinic-services/bodyworks/coolsculpting-zeltiq/>

5. **Exilis Ultra Femme 360** - For Vaginal Rejuvenation and Tightening

Vaginal tissue laxity is a common issue that comes with ageing, hormonal changes and pregnancy. Common symptoms include vaginal dryness/ itchiness / painful intercourse and/or urinary incontinence. Exilis Ultra Femme 360 is a non-invasive procedure that uses radiofrequency (RF) energy to treat female's intimate area. It uses the body's natural processes to stimulate collagen production, creates stronger tissue structure so the results are long-lasting and restore the vaginal and vulvar areas for optimal sexual health. Exilis Ultra Femme 360 causes no pain or discomfort, requires no anesthesia, and has no downtime. Done by female doctors.