

AMMOS™

Frequently Asked Questions



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How does AMMOS work?

AMMOS non-surgical vaginal rejuvenation delivers controlled thermal energy to the desired areas – external (labia) and/or internal (vagina).

Applying heat to tissue has become the standard for promoting collagen remodeling, which helps strengthen the structural support columns and improve the integrity of the skin. AMMOS encourages new, tighter collagen production and improved coordination of muscle activity and strength.

Who is a candidate for AMMOS?

- Women who are experiencing vaginal laxity and a loose feeling
- Women who are displeased with the appearance of their labia, especially while wearing bathing suits, athletic attire, leggings, jeans, etc.
- Women who are experiencing any sexual dysfunction or orgasmic issues
- Women who experience urinary leakage or stress incontinence
- Women who have dryness of their vagina or labia (atrophic vaginitis) due to the effects of menopause

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Who should not consider having the AMMOS Treatment?

The AMMOS Treatment is contraindicated for patients with either an implantable pacemaker or an AICD (Automatic Implantable Cardioverter/Defibrillator) or any other implantable device as they may be adversely affected by radiofrequency (RF) fields or current.

What are the benefits of AMMOS?

Some of the main benefits of the treatment include:

- No downtime or rest period needed
- Just a short 15- to 30-minute treatment
- Tightening of the vaginal tissues
- Softer and smoother skin around the area
- Reduced vaginal dryness
- Reduced incontinence
- Comfortable treatment, no uncomfortable devices inserted
- No cutting or incisions required – not a very invasive treatment
- Results last from nine months to 1 year.

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How common is vaginal laxity?

Vaginal laxity is very common after vaginal delivery. This condition can also be caused by aging, obesity, hormones, chronic constipation, straining, lifting, or any activity that would cause the vagina to stretch beyond its normal capacity.

Is the AMMOS procedure safe?

AMMOS is clinically proven to be both safe and effective. With just one gentle 30-minute treatment, you'll be back to regular activities after the procedure and start to feel results.

I'm breastfeeding. Is that OK?

Yes. You're still able to undergo AMMOS treatments if you're breastfeeding

Why do some people experience bleeding after AMMOS?

Spotting can happen when AMMOS electrode touches the cervix. The same results often happen with a pap smear. It can also occur if the patient has an untreated vaginitis (i.e., bacterial vaginitis, candida vaginitis, or trichomonas vaginitis). Your doctor will determine if you need a pelvic exam.

Frequently Asked Questions

Is the procedure painful?

The AMMOS treatment only takes approximately 30 minutes to complete the treatment. During the treatment, patients experience a sensation of warming or heating but usually no pain or discomfort.

How old do I need to be for AMMOS?

Women should be at least 18 years old. AMMOS is for both pre-and post-menopausal women.

Will I need anesthesia?

No. The treatment only applies comfortable, warm heat, and your doctor may ask for your feedback during the procedure.

How long does the procedure take?

Approximately 10 to 15 minutes for labia reduction, and 15 to 20 minutes for vaginal tightening. For full benefits, the treatment is recommended three times, one month apart.

How frequent are treatments?

We recommend AMMOS treatments every 30 days for three treatments. From there, a maintenance program may be suggested based on your individual needs. Treatments have been done at three to six weeks.



Frequently Asked Questions

How many AMMOS treatments are needed?

Our patients often see results after their first treatment; however, we recommend undergoing three treatments to gain the best results from your AMMOS treatments. Each treatment ranges between 15 and 30 minutes, so in total, the procedures only take 90 minutes, and results often last between nine months and 1 year.

What should I expect after treatment?

You may notice that you feel tighter immediately after treatments, and improvements can be realized even more over time. For those with incontinence issues, it's not unusual to notice less urinary leakage immediately after AMMOS. Evidence has shown that morning AMMOS treatments resulted in no stress incontinence the same evening.

For women with vaginal dryness, moisture is notably different at two weeks, and may only be slightly improved after the initial treatment. Talk to your doctor about any concerns you have about results.

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How does AMMOS compare to surgical vagina regulation options?

AMMOS uses radio frequency to tighten the vaginal tissues. It is a non-surgical procedure that requires no downtime or rest period after the treatment.

Surgical options are much more invasive, and can result in a rest period of six to 12 weeks after the operation. They also require anesthesia and much more thought and commitment.

AMMOS is ideal for those who need a quick and cost-effective solution to vaginal looseness or sagging. The results are not permanent; however, the procedure offers little discomfort and patients often see results after just one procedure.

How does AMMOS help urinary incontinence?

AMMOS can be used to treat mild to moderate stress incontinence. It's done by focusing on the mid urethra and sometimes the whole anterior compartment for about 5 minutes per treatment, and repeated monthly three times. For those with severe stress incontinence, also called Intrinsic Sphincter Deficiency, treatment may be recommended every two to three months.

How does AMMOS increase vaginal tightness?

AMMOS stimulates collagen production and improves blood flow, leading to tightening of the vaginal walls and a fuller more youthful vaginal lining. The effect is a decrease in vaginal diameter.



Frequently Asked Questions

How does AMMOS enhance sexual pleasure?

By tightening the vaginal walls and improving the overall health of the vagina, AMMOS can improve sensation during intercourse. In addition, the collagen stimulation that takes place with the AMMOS treatment, when focused in areas of the anterior vaginal wall, improves tissue thickness and can build up the tissues of the erogenous zone commonly known as the G-spot, increasing the frequency and intensity of orgasm. The collagen stimulation also helps tighten the tissue and reduce the diameter of the vaginal canal, which can help create more stimulation for your partner.

How does AMMOS improve the appearance of the external female areas?

Treatment of the outer structures (the vulva), such as the labia and around the clitoris, improves blood flow and increases volume, giving these areas a fuller, tighter and more youthful appearance.

Am I allowed to have sex after AMMOS?

Yes! Unlike other similar laser-based treatments, AMMOS does not require any downtime in sexual activity.

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Are there any risks?

As with any medical or cosmetic procedure, there are some risks to consider when undergoing a AMMOS treatment. that you should consider.

- Possible uncomfortable heat
 - ✓ There is a slight risk of discomfort due to the heat being used during the treatment; however, due to how you feel, we can reduce the heat setting on the equipment.
- Burns
 - ✓ Again, due to the heat used in the treatment, we are obligated to list burns as one of the risks during the treatment. However, there are no cases of a AMMOS treatment resulting in burns for a patient, so the percentage of this happening is extremely low.
- Vaginal opening and canal becoming too tight
 - ✓ Some people who have undergone the AMMOS treatment have experienced their vaginal opening and canal becoming too tight after the procedure. This is an extremely low percentage, and it is important to remember that the results of AMMOS are not permanent.
- No results
 - ✓ Some people those who have tried AMMOS found no results or benefits from their treatment.