



**The Leading Functional & Aesthetic
Clinic for Women**



Health and beauty, like form and function, are not mutually exclusive.

Set up by specialist Gynaecologist, Dr Sonya Jessup, The Elsa Clinic is designed to provide not only excellence in routine gynaecology care but in addition, we acknowledge a woman's need for both a sense of personal satisfaction with her sexual appearance and sexual function.

We treat women with a carefully considered selection of some of the newest devices and technologies available worldwide to assist women to achieve the same quality of life they enjoyed prior to carrying and delivering their children.

We specialise in treating women with:

- Urinary stress incontinence
- Weak bladder or urinary urgency
- Pain with sex
- Genitourinary Syndrome
- Vaginal dryness
- Vaginal laxity
- Post childbirth pelvic floor issues
- Decreased sensation or ability to orgasm
- Prolapse of the cervix and/or vaginal walls
- Lichen sclerosis



What happens at an appointment?

01.

Initially, you will have a consultation with one of our specialist Gynaecologists. We assess any baseline functional and aesthetic problems and whether surgical and/or medical treatment is needed before the use of other treatment options is possible. This includes a thorough history, examination, ultrasound scan, infection screening, blood and urine tests.

02.

Based on these results, you will be advised on the best individual treatment for you and whether you would be well suited to treatment with one of the newer women's health options.

03.

We will discuss what areas of concern you have and what you are hoping to achieve through any treatment. Your health and comfort is always our top priority.

04.

If undergoing one of our non-surgical treatment options, this will take place in the comfort of our clinic. We are on hand to answer any questions you have at the time of treatment and any post-treatment concerns.

05.

You will come back for a follow up appointment to assess how the treatment has worked for you.



Our Treatment Options

Incontinence & Vaginal Laxity

Emsella

The Emsella chair is a non-surgical, non-invasive treatment for stress urinary incontinence and urge incontinence.

The treatment is delivered by comfortably sitting in an ergonomic chair fully clothed for thirty minutes and uses advanced electromagnetic energy to engage all the muscles of the pelvis and produce thousands of pelvic floor muscle contractions simultaneously. The action is similar to Kegel exercises, however, with far more intensity. A 30 minute session is equivalent to the intensity of 11,200 pelvic floor exercises.

- Sit comfortably in the Emsella chair fully clothed
- 6 treatment cycles of 30 minutes, over 3 weeks
- No downtime





Viveve

Viveve is a life changing non-surgical treatment that can increase feelings of vaginal tightness. It works through the insertion of a small probe using radio frequency energy combined with cryogen cooling and penetrates through the mucosal tissues to act directly on the collagen layer to stimulate cellular collagen growth.

The vagina and the vaginal opening is tightened both internally and externally, with both visual and sexual improvements noted by both partners. The Viveve treatment also creates collagen support around the urethra using the body's natural tissue to act as a supportive sling to improve continence.

- 1 session for 40 minutes
- No anaesthesia required
- Little to no downtime. You can go back to your normal activities following the procedure, with the exception of no sexual intercourse for 48 hours





Dryness & Itching

Juliet Laser

Vaginal dryness, itching, painful intercourse, poor lubrication, and poor vaginal muscle elasticity and tone are experienced by 40% of women in menopause and known collectively as vaginal atrophy. The Juliet Laser can help relieve these symptoms as well as improve sexual satisfaction and issues with incontinence.

The Juliet Laser uses a double pass to stimulate the vaginal mucosa and the submucosal layers resulting in thicker mucosa and a degree of generalised vaginal tightening. Vaginal mucosa thickening results in better lubrication with sex, less pain and less burning.

- 1 session for 30 minutes
- Performed in the clinic without anaesthetic
- No anaesthesia required





General and Cosmetic Gynaecology procedures

Your gynaecology needs differ at different stages of your life and throughout this time for structural or functional reasons, you may need to undergo surgical procedures.

We offer the following general and cosmetic gynaecological procedures as well as many less common procedures and/or smaller procedures not specifically mentioned.

General procedures

- Laparoscopic surgery
- Hysterectomy
- Fibroid removal
- Hysteroscopy & Polypectomy
- Vaginal repair surgery
- Incontinence solutions
- Pre-cancerous cervical procedures
- Labioplasty
- Minor surgical procedures

Cosmetic procedures

- Hymenal surgery
- Vaginal skin tags repair
- Bartholin's cysts & other cysts removal
- Removal of moles or skin lesions
- Labioplasty
- Vaginal botox for vaginismus
- Anal skin tag removal
- Labial fillers
- Labial tightening



Next steps?

To make an appointment call **1300 GO ELSA (1300 463 572)**
or visit our website **www.elsaclinic.com.au**



Dr Sonya Jessup

BHB, MBChB, MReprodMed, FRANZCOG

Dr Sonya Jessup is a female Fertility Specialist and Gynaecologist with over 15 years experience. She set up the Elsa Clinic after recognising a need for better, non-surgical treatment options for women, in particular those with urinary incontinence and post-childbirth issues. She is passionate about women's gynaecological health not only for function but for achieving personal satisfaction.

Our Locations

Suite 7, Level 7
31 Dora St
Hurstville, NSW, 2220

Ground Floor, Suite 1
20 Bungan Street
Mona Vale, NSW, 2103

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