



# Surrey Women's Clinic

Empowering Women with Advanced Care

## Do Any of These Sound Familiar?

- Leaking urine when you sneeze, cough, or laugh?
- Feeling less sensation during intimacy?
- Experiencing vaginal dryness or discomfort?
- Noticing changes after childbirth or menopause?

*You don't have to live with these concerns. We're here to help.*

Empower RF Patient Educational Manual

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# Understanding Your Body: Common Concerns & Solutions

## Urinary Leaking (Stress Urinary Incontinence)

### What is it?

If you leak urine when sneezing, laughing, or exercising, your pelvic floor muscles may be weak. This is common after childbirth and as we age.

### How We Can Help:

- VTone: Uses gentle electrical pulses to strengthen your pelvic muscles.
- FormaV: Uses warm energy to improve tissue strength and support.

## Decreased Sensation & Vaginal Laxity

### What is it?

Over time, vaginal tissues may lose elasticity, leading to decreased sensation during intimacy.

### How We Can Help:

- Morpheus8V: Uses tiny microneedles and heat to tighten and restore vaginal tissue.
- FormaPainV: Gently heats the tissue to increase collagen and improve sensitivity.

## Discomfort During Intercourse

### What is it?

Painful intimacy can result from dryness, thinning tissues, or underlying conditions like Lichen Sclerosis.

### How We Can Help:

- FormaV: Stimulates natural moisture production and strengthens tissues.
- Morpheus8V: Repairs deeper layers of vaginal tissue for long-lasting relief.

## Postpartum & Menopausal Changes

## What is it?

After childbirth or menopause, the body undergoes changes that can lead to discomfort, incontinence, weakened muscles and other pelvic floor issues.

## How We Can Help:

- **Tone:** A non-invasive treatment that strengthens abdominal muscles and core stability.
- **VTone:** Rebuilds pelvic muscle control for better bladder support

### Notes:

# Treatment Options Explained

## FormaV – Gentle Tissue Renewal



A comfortable, non-invasive treatment that uses gentle heat to improve elasticity, moisture, and circulation in vaginal tissue.

Benefits:

- ✓ No downtime – return to daily activities right away
- ✓ Increases natural lubrication
- ✓ Strengthens vaginal and pelvic floor muscles

What to Expect:

- A warm sensation during the treatment
- A series of 3 sessions is recommended for best results

Notes:

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## Morpheus8V – Deep Tissue Rejuvenation



Combines microneedling and radiofrequency energy to tighten, strengthen, and restore vaginal tissue at a deeper level.

Benefits:

- ✓ Improves sensation and tightness
- ✓ Enhances natural collagen production
- ✓ Strengthens vaginal and pelvic tissue

What to Expect:

- Mild heat and pinprick sensations
- Minimal downtime – most patients return to daily activities in a day

Notes:

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## VTone – Pelvic Floor Strengthening



A gentle, FDA-cleared treatment that helps retrain weak pelvic muscles responsible for bladder control.

- ✓ Reduces leaks and urgency
- ✓ Strengthens the muscles that support the bladder
- ✓ Non-invasive and painless

**Notes:**

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## Tone – Core Muscle Strengthening



A non-surgical treatment that stimulates muscle contractions to rebuild core strength and improve posture.

- ✓ Strengthens abdominal and pelvic floor muscles
- ✓ Helps with postpartum recovery
- ✓ No exercise required – just relax and let the machine do the work!

**Notes:**

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## Morpheus8 (Face & Neck) – Skin Tightening & Rejuvenation



Morpheus8 combines microneedling and radiofrequency energy to stimulate collagen, reduce wrinkles, and tighten skin.

- ✓ Lifts sagging skin on the face, neck, and jawline
- ✓ Reduces fine lines, acne scars, and uneven skin texture
- ✓ Improves skin tone for a more youthful look

What to Expect:

- Feels like a mild heat with tiny pinpricks
- Minimal downtime – most patients return to daily activities in a day
- Visible improvement within a few weeks, with continued collagen production over time

**Notes:**

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# THE PERIODIC CHART OF EMPOWERRF

	Medical Terminology	Patient Terminology	FormaV	M8V	VTone	Tone	M8 or M8Body	Aviva
Urinary Leaking	Stress Urinary Incontinence (SUI)	Leaking While Running, Jumping, Coughing, Laughing or Sneezing	★★ ①	★★★ ①	★★	★★		
	Urge Incontinence	Urge to Urinate, Over Active Bladder	★★ ①	★★★ ①	★★			
	Mixed Incontinence	Urge Incontinence, Leaking	★★ ①	★★★ ①	★★	★		
	Nocturia	Interrupted Sleep For Urination	★ ①	★★★ ①	★			
Sensation	Gaping Introitus, Cystocele, Rectocele	Vaginal Laxity	★★ ① ☒	★★★ ① ☒	★★★		if deeper than 3mm	★★★
	Weak Pelvic Floor	Pelvic Floor Weakness	★★ ①	★★ ①	★★★	★★		
	Decreased Sexual Pleasure (Orgasm)	Decreased Sexual Pleasure (Orgasm)	★★★ ① ☒	★★★ ① ☒	★			★★★
	Decreased Vaginal Sensation	Decreased Vaginal Sensation	★★ ①	★★★ ①	★			
Pain	Atrophy, Genitourinary Syndrome of Menopause (GSM)	Vaginal Dryness	★★★ ① ☒	★★ ① ☒				
	Dyspareunia	Painful Intercourse	★★★ ① ☒	★★ ① ☒				
	Interstitial Cystitis	Interstitial Cystitis, Bladder Pain, Chronic Bladder Inflammation	★★ ①	★★★ ①	★			
Aesthetics	Episiotomy or Obstetrical Laceration Pain	Episiotomy Scar or Obstetrical Tear Pain	★★★ ① ☒	★★★ ☒			if deeper than 3mm	★★★
	Vulvar, Labial Laxity	Vulvar, Labial Laxity	★ ☒	★★★ ☒	★★★			★★★
	Dyspareunia due to Labial Hypertrophy	Sexual Pain Associated with Enlarged Labia		★★ ☒				★★★
	Aesthetic Appearance	Aesthetic Appearance	★★ ☒	★★★ ☒	★	★★★	if deeper than 3mm	★★★
Infection	Lichen Sclerosis, Hidradenitis Suppurativa, Chronic Candidiasis	Chronic Vulvar Itching, Rash, Acne, Scar, Pain	★★★ ☒	★★★ ☒			if deeper than 3mm	
	Recurrent Urinary Tract Infections	Chronic Urinary Tract Infections (UTI), Bladder Infections	★★★ ①	★★★ ①				
	Recurrent Vaginal Infection	Chronic Vaginal Infection	★★★ ①	★★★ ①				

★★★ = Excellent  
 ★★ = Great  
 ★ = Good

① = Internal Treatment  
 ☒ = External Treatment

# EmpowerRF Treatment Symptom Severity Record

Instructions: Please rate the severity of your symptoms using the following scale:

0 = No Symptoms 1 = Mild 2 = Moderate 3 = Severe 4 = Very Severe

Medical Terminology	Patient Terminology	Before Treatment	After Treatment
Stress Urinary Incontinence (SUI)	Leaking while Running, Jumping, Coughing, Laughing or Sneezing		
Urge Incontinence	Urge to Urinate, Overactive Bladder		
Mixed Incontinence	Urge Incontinence, Leaking		
Nocturia	Interrupted Sleep for Urination		
Gaping Introitus, Cystocele, Rectocele	Vaginal Laxity		
Weak Pelvic Floor	Pelvic floor Weakness		
Decreased Sexual Pleasure (Orgasm)	Decreased Sexual Pleasure (Orgasm)		
Decreased Vaginal Sensation	Decreased Vaginal Sensation		

Atrophy, Genitourinary Syndrome of Menopause (GSM)	Vaginal Dryness		
Dyspareunia	Painful Intercourse		
Interstitial Cystitis	Interstitial Cystitis, Bladder Pain, Chronic Bladder Inflammation		
Episiotomy or Obstetrical Laceration Pain	Episiotomy Scar or Obstetrical Tear Pain		
Vulvar, Labial Laxity	Vulvar, Labial Laxity		
Dyspareunia due to Labial Hypertrophy	Sexual pain associated with Enlarged Labia		
Aesthetic appearance	Aesthetic appearance		
Lichen, Sclerosis, Hidradenitis Suppurativa, Chronic Candidiasis	Chronic Vulvar Itching, Rash, Acne, Scar, Pain		
Recurrent Urinary Tract Infections	Chronic Urinary Tract Infections (UTI), Bladder Infections		
Recurrent Vaginal Infection	Chronic Vaginal Infection		

**Notes:**

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