

Important Guidelines for the Effectiveness of Your rTMS Treatment.

1

Reporting Health Changes

Inform your doctor and medical technician about any new symptoms, health changes, or medication updates to ensure effective treatment. Contact your healthcare provider promptly for significant changes or questions.

2

Consistency is Key

To maximize the effectiveness of your treatment, attend all scheduled sessions. Regular attendance ensures optimal results. If you have concerns or need to reschedule, notify us in advance.

3

Avoid Alcohol and Drugs

To ensure effectiveness, avoid alcohol and drugs during the course of your treatment. Notify your technician if you have used any substances to prevent complications.

4

Avoid Intense Workouts

Refrain from heavy weightlifting or vigorous cardio exercises immediately before and after your rTMS session. This helps to ensure the effectiveness of your treatment and prevent any potential issues.

5

Maintain a Consistent Sleep Schedule

To maximize the effectiveness of rTMS, it's important to avoid irregular sleep patterns. Consistently getting enough rest is vital for achieving the best treatment outcomes.

6

Consult Before Changing Medications

Do not stop or alter any prescribed medications without first discussing it with your healthcare provider. Changes in medication can affect your treatment outcome.



Managing Side Effects



1

Stay Hydrated: Drinking plenty of water can reduce the likelihood of headaches



2

Communicate: Let your technician know if you're experiencing discomfort. They can adjust the setting to make you more comfortable



3

Relaxation Techniques: Practices like deep breathing and meditation can help ease any anxiety or discomfort during sessions



4

Check-in : Maintain regular communication with the specialist regarding your experience to effectively customize your treatment plan

Recommended Activities for Optimizing the Effectiveness of Treatment



Wellness Practices: Engage in activities that promote wellbeing, such as light exercise, outdoor activities, mindfulness, and stress management technique



Brain Games and Activities: Enjoy our brain games. We offer brain games and activities between your sessions to support your progress and enhance cognitive abilities. We encourage you to use these sources as part of your treatments journey

