

You are on your way to a new treatment for erectile dysfunction called Alma Duo™. This treatment is a painless ultrasound wave therapy that restores natural function and blood flow to improve your performance.

Here is some important information you should read before your first treatment.

## Before your treatment

### Restrictions

1. There are no dietary or other physical restrictions prior to treatment.
2. You may continue all prescribed medications.

### Payment

Since this treatment is *not* covered by insurance, **payment is required upfront**. If you choose to pay *in advance* for all six treatments your 6<sup>th</sup> treatment will be free.

On the day of your treatment, we will accept cash, check, or the following credit cards: Discover, MasterCard or VISA only. We do not accept American Express. We also accept Health Savings Account (HSA) payment cards.

**If you do not bring payment with you, unfortunately we will need to reschedule your treatment.**

### What to wear

You may wear whatever you're comfortable in, although you will be asked to undress from the waist down.

## Where to go

Your treatments will take place at our Norwood Campus: 2000 Joseph E. Sanker Blvd., Norwood, OH 45212

### Directions

From I-71 North or South:

- Take the Norwood Lateral (562) West to the Montgomery Road exit.
- Turn left off the exit on to Norwood Ave.
- Once you cross over Montgomery Road, the road becomes Joseph E. Sanker Blvd.
- Look for The Urology Group on the right.

From I-75 North or South:

- Take the Norwood Lateral (562) East to the Montgomery Road exit.
- Turn left off the exit on to Wesley Ave.
- At the first light, turn left on to Norwood Ave.
- Once you cross over Montgomery Road, the road becomes Joseph E. Sanker Blvd.
- Look for The Urology Group on the right.

### Parking

We offer free parking at our Norwood Campus. Park in the lot and walk in the main set of doors on the right.

### Contact:

If you have questions prior to your procedure, contact Michelle in our Alma Duo suite at (513) 758-8585 or email her at [wellnesscenter@urologygroup.com](mailto:wellnesscenter@urologygroup.com)

## When you arrive

### Check in

- Check in at the Welcome Desk. Tell them you are here for a visit with **The Wellness Center**.
- Take the elevator or stairs to the 2<sup>nd</sup> floor and turn right. Follow the blue signs to The Wellness Center patient waiting area.

### Waiting area

- We have a private waiting area exclusively for our Alma Duo ultrasound wave therapy patients.
- **Once you arrive, please** check in at the main registration desk on the 2<sup>nd</sup> floor. Let them know you are here for an appointment with **The Wellness Center**.]
- Your therapist will meet you in the waiting area to validate your ID and take payment. We accept cash, check, or the following credit cards: Discover, MasterCard or VISA only. **If you do not bring payment with you, unfortunately we will need to reschedule your treatment.**
- You will also be asked to sign a consent form and a HIPAA form.
- Your therapist will escort you to the treatment room across the hall.

## Preparing for treatment

The treatment room is private and provides a relaxing environment. Remember, your treatment is painless (feels like a pulsing sensation) and takes only about 10 minutes once it begins so there's nothing to worry about.

- You will be asked to get undressed from the waist down.
- You will be provided with a sheet and a comfortable robe.

## What to expect during treatment

- You will be lying on your back in a comfortable position on the procedure bed.
- The therapist will treat multiple areas on your penis with the Alma Duo. The total treatment time takes just a few minutes.
- When treatment is finished, you will dress and be on your way.

**Before you leave, ask your therapist to confirm that your next treatment is on the schedule.**

## After your treatment

There are no limitations to your activities after treatment, including sexual intercourse.

You should feel no pain but after several treatments you should experience the positive effects of Alma Duo.

To speak to a member of our Alma Duo Team or with questions about your treatment, please call (513) 758-8585 during normal business hours.

**If you are experiencing a medical emergency, please call 911 or go to the nearest emergency room.** If you need to reach physician outside of normal business hours, call (513) 841-7400 to be connected to an on-call physician.



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