



NeuroScience & TMS
Treatment Centers

Preparing for TMS Treatment

About TMS. We are national leaders in Transcranial Magnetic Stimulation (TMS), providing it as an effective treatment for depression since 2011. TMS is a safe, non-drug, FDA-cleared treatment that uses gentle magnetic pulses to stimulate underactive areas of the brain. It essentially "retrains" the brain to better regulate mood in patients with depression. Often, TMS is even successful at helping treat depression in patients who have not been able to find relief through other methods, such as antidepressants and talk therapy.

A Typical Course of Treatment

TMS treatment requires a time commitment, as the brain needs time to be "retrained" out of the depression. The overall treatment duration, frequency, etc. are specific to the needs of the individual. However, the below information may be used as a general guide.



3 - 5

Treatments
per week



6 - 9

Weeks



3 - 45

Minutes per typical
treatment session



15 - 60

Total # of sessions,
though the
average is 36

Your First TMS Session

During your first TMS appointment, we take the time to determine the most effective treatment for your specific needs. With that, your first TMS session will be longer, possibly as long as an hour and a half. During this time, we will identify the appropriate magnet strength and coil position for your specific treatment. **There are no restrictions following the treatments, which means you are able to drive, work, or go about your regular activities after a TMS session.**



60 - 90

Minutes for
first session



We provide earplugs.

You may also bring your own
headphones to listen to music,
an audiobook, etc.

A Typical TMS Session

During treatments, you'll be able to relax in privacy in a comfortable treatment chair. Most patients describe TMS as a light tapping sensation that may take some getting used to but aren't typically painful. **If you feel any discomfort during treatment, please let us know and we will make adjustments.**



3 - 45

Minutes for a
typical treatment



Take time relax.

You may work on your workbook
to augment your care, listen to
music, or talk with our technicians.



Learn More About TMS.

To learn the answers to some of our patients' most frequently asked questions about TMS, check out our TMS FAQs blog post at www.HopeForYourBrain.com/tmsFAQ.