



THE REMEDY MENTAL HEALTH



Welcome to TMS (Transcranial Magnetic Stimulation) at The Remedy Mental Health

We're glad you're here. Below is a review of what to expect during our TMS treatments as well as important reminders to help you stay safe and get the most out of the treatment.

What Is TMS?

Transcranial Magnetic Stimulation (TMS) is a non-invasive treatment used for depression and other mood and anxiety disorders. It uses magnetic stimulation to activate brain regions involved in mood regulation.

TMS Treatment Schedule & Structure

- Standard TMS includes 36 sessions over approximately 8 weeks.
- Consistency is essential: missing sessions can delay improvement, reduce effectiveness, or impact your treatment course.
- You will have treatment remapping sessions over the 8 weeks with a provider.
- You will also meet with your provider periodically to review symptom progress, assess for any side effects, answer questions and make treatment adjustments as needed.

Comfort & Safety

- We will provide two sets of earplugs and one mouthguard for your safety. Ear protection is required in order to receive treatment.
- Minors are not permitted to accompany patients receiving TMS treatment unless another responsible adult is present to supervise them. Minors may not be left unattended in the clinic or waiting areas.

Sleep

- Aim for 6–8 hours of sleep nightly.
- A minimum of 4 hours of sleep is recommended to proceed with your daily treatment.

Medications

- Take medications as prescribed.
- Notify The Remedy of any medication changes, including new, stopped, or adjusted medications.

Alcohol, Substances, & Caffeine

- Avoid alcohol and recreational substances during TMS.
- Stay hydrated and moderate caffeine intake.

Health

- Notify The Remedy of any updates to your health during the treatment course.

Self-Care During TMS

- Eat balanced meals
- Maintain hydration
- Get natural sunlight exposure when possible
- Engage in gentle activity (e.g., walking, stretching) as you can
- Consider journaling to track mood, sleep, and symptom changes