

What Should You Expect During a TMS Session?

Are you curious about what happens during a TMS session? Many people feel nervous before their first appointment, but knowing what to expect can ease those concerns. The good news is that the **TMS treatment King of Prussia, PA** residents are turning to is safe, comfortable, and effective. At NuBalance Behavioral Health Services LLC in Malvern, PA, patients often ask about the process before beginning their journey, and the answer is simpler than most imagine.

A session begins with you sitting in a comfortable chair, similar to what you might find at a dentist's office. The atmosphere is relaxed, and many patients bring a book, listen to music, or chat with the care team while they wait.

The treatment itself involves placing a small magnetic coil on the left side of your head, just above the area that controls mood. The coil makes a gentle clicking sound as it delivers magnetic pulses, about as strong as those used in an MRI machine.

Your first few visits may take a little longer because the doctor maps your brain to find the precise spot that responds best to stimulation. This careful step ensures the treatment is as effective as possible.

Most people describe the sensation as light tapping on the scalp. Some notice mild tingling or small muscle twitches, which are normal and fade with time. After a few sessions, the feeling becomes familiar and easy to tolerate.

You remain awake and alert during the entire treatment. Many patients read, listen to music, or even take a quick nap. There is no need for anesthesia or medication, and you can drive yourself home afterward with no downtime.

Each session typically lasts 20 to 40 minutes, and most treatment plans call for 30 to 36 sessions over six to nine weeks. The repeated stimulation helps brain cells create new connections, which can improve mood and reduce symptoms of depression or other mental health conditions.

Side effects are usually mild and short-lived. Some patients report a temporary headache, tiredness, or slight scalp discomfort, but these effects tend to lessen as the body adjusts to treatment.

If you are ready to explore whether this therapy could help you or someone you care about, NuBalance Behavioral Health Services is here to guide you. Their experienced team offers consultations to answer your questions and design a plan that fits your needs. Reach out today to see if this innovative treatment could be the breakthrough you have been waiting for.