



## **THERMIVA TREATMENT INSTRUCTIONS**

### **Contradictions:**

**If you are experiencing one of the following, you cannot be treated with ThermiVa**

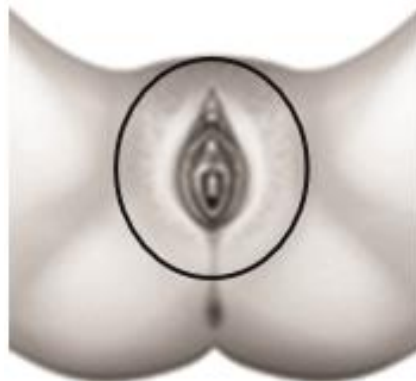
- Cardiac devices such as AICD's (auxiliary internal cardiac devices), defibrillators, mechanical valves, pacemakers, or any device that is affected by RF energy
- Pregnancy
- Active sexually transmitted disease
- Current urinary tract infection
- Greater than a stage 2 pelvic organ prolapse
- Recent vaginal surgery or fillers may require an alternative treatment

### **History:**

- It is recommended to have a normal physical and pap smear within 2 years.
- If you have frequent urinary tract infections, it may be required by your provider to complete a urinalysis prior to the procedure.
- Let your physician know if you are prone to herpes outbreaks, as your provider may want to prescribe an antiviral prior to the treatment.
- Inform your physician of any vaginal surgery or if you have been told you have any vaginal prolapse.

### **Pre Treatment:**

- A negative pregnancy test may be required for women of childbearing age.
- Empty bladder immediately before treatment
- Shave the external treatment area (see diagram) at least one day prior to the procedure (Waxing or laser hair removal 5-7 days prior to avoid further irritation).
- Menstruating is not contraindicated. However, if you are in the middle of a heavy flow, you may want to reschedule for your own comfort.



### **Post-Treatment Instructions:**

- If treated externally, skin may be slightly pink to red, swollen and warm to the touch for approximately one hour post procedure
- Possibility of mild cramping, which should resolve in 24 hours
- Light spotting may occur immediately post procedure
- Resume normal physical and sexual activity, unless otherwise directed by your provider
- No restrictions showering, bathing or hot tubs (except if spotting or bleeding, don't submerge for 24 hrs)
- ThermiVa results will typically last 9 months to 1 year. We suggest doing a touch-up treatment 9-12 months after the last treatment in your series and continue to maintain it every 9-12 months after that. You do not need to do an entire series again, typically a single session will maintain results. It is very important to schedule your first three sessions 4 weeks apart for optimum results