FORMAV TREATMENT INSTRUCTIONS

PRE-TREATMENT INSTRUCTIONS

- Please inform your provider if you have a history of Herpes, frequent urinary tract infections, vaginal surgery, vaginal prolapse, an abnormal pap smear, or have a cardiac device of any kind.
- Up-to-date normal PAP test (within the last 12 months) & recent normal vaginal exam to ensure there are no active infections.
- **Shave hair 1 day prior to the procedure.** Avoid waxing or laser hair removal 5-7 days prior to appointment to avoid further irritation.
- We recommend rescheduling an appointment if it is during your menstrual cycle.

POST-TREATMENT INSTRUCTIONS

- If treated externally, the skin may be slightly pink to red, swollen, and warm to the touch for approximately on hour post-procedure.
- There is a possibility of mild cramping, which should resolve in 24 hours.
- Light spotting may occur immediately post procedure.
- We recommend refraining from sexual intercourse, pelvic exams & use of tampons for 2-3 days.
- If you experience bleeding that last longer than 24 hours, unable to control pain with over-the-counter medications, have cramping that lasts longer than 24 hours, or are experiencing a fever please reach out to our office immediately.