VTONE 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.
- Shave hair 2 days prior to the procedure. Avoid waxing or laser hair removal 5-7 days prior to appointment.
- Up-to-date normal PAP test (within the last 12 months) & recent normal vaginal exam to ensure there are no active infections.
- If you have vaginal herpes we will need to pre-treat with Acyclovir or Valacyclovir for prophylaxis prior to treatment.
- We recommend rescheduling an appointment if it is during your menstrual cycle.

POST-TREATMENT INSTRUCTIONS

- You may experience some swelling, redness, or sensitivity, but these temporary side effects only last for a few days.
- We recommend refraining from sexual intercourse, pelvic exams & use of tampons for 2-3 days.