



ThermiVa

Pre/Post Treatment Instructions & Expectations

The following instructions will provide helpful information and guide you through your recovery. These are designed to be general guidelines. Remember, everyone recovers differently.

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 REQUIREMENTS

- A negative pregnancy test may be required for women of childbearing age.
- Increase hydration one day prior to treatment. Drink an extra 4-6 glasses of water.
- Empty bladder immediately before treatment.
- Clip short the external treatment area OR shave the external treatment area 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.

CONTRAINDICATIONS

- 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

TREATMENT SCHEDULE

- Space treatments approximately one month apart. A series of 3 treatments recommended.



HOLLAND

PLASTIC SURGERY & AESTHETICS

WHAT TO EXPECT

- 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

ACTIVITY

- Resume normal physical and sexual activity, unless otherwise directed by your provider
- No restrictions on showering
- No restrictions on bathing, swimming or hot tubs (exception: if spotting or mild bleeding wait one day)

CALL DR. HOLLAND IF

- Bleeding lasting longer than 24 hours, pain uncontrolled by over the counter medication, cramping lasting longer than 24 hours, fever > 101 degrees

Follow up:

- Please make your follow-up appointment by calling the office or as instructed by Dr. Holland. If you have any problems before then, do not hesitate to call 207-835-4777 for assistance. **If after hours, please call the office number and press 7 when prompted to reach Dr. Holland directly.**