

Your THERMlva® Treatment

What to Expect

- ✓ A series of 3 to 4 treatments is recommended depending on your diagnosis, at least 1 month apart.
- ✓ We will take pictures to document your treatment using a HIPAA-compliant photo application.
- ✓ 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.
- ✓ You may resume normal physical and sexual activity, unless otherwise directed by your provider.
- ✓ No restrictions on showering.
- ✓ No restrictions on bathing, swimming, or hot tubs.

1 Day Before Your Procedure

- ✓ Increase hydration; drink an extra 4 – 6 glasses.
- ✓ Clip short or shave the external treatment area (see diagram). **Note:** waxing or laser hair removal must be done at least 5-7 days prior to avoid further irritation.
- ✓ Menstruating is not contraindicated. However, if you are in the middle of a heavy period, you may want to reschedule for your own comfort.



The Day of Your Procedure

- ✓ Continue Increased Hydration.
- ✓ Empty bladder immediately before treatment.

Inform your Provider

The following may affect when you may have your procedure or even if you will tolerate it.

- ✓ The date of your last normal physical and pap. This must be within 2 years of your treatment.
- ✓ If you have frequent urinary tract infections; you may be required to complete a urinalysis before treatment.
- ✓ If you have had any vaginal surgery.
- ✓ If you have been told that you have vaginal prolapse.
- ✓ If you are, or may be, pregnant; a negative pregnancy test may be required prior to treatment.

Call us IMMEDIATELY

Contact our office immediately, if any of the following occur.

- Excessive Swelling or Pain
- Bleeding lasting longer than 24 hours
- Cramping lasting longer than 24 hours
- Fever of 101.5 or greater
- Pain uncontrolled by over-the-counter medication

Contraindications

- Pregnancy
- Active Sexually Transmitted Disease
- Current Urinary Tract Infection
- Current Yeast Infection
- Greater than Stage 2 Pelvic Organ Prolapse
- Recent Vaginal Surgery
- Cardiac devices
 - AICD (Auxiliary Internal Cardiac Device)
 - Defibrillators
 - Mechanical Valves
 - Pacemakers
 - Any Device affected by RF Energy

Our Contact Information

(704) 997-6530

Maintaining your Results

After the series is completed, please schedule a maintenance treatment every 6 to 12 months.