



La Jolla Cosmetic
Medical Spa
est. 2013

ThermiVa Pre and Post Care

PREPARING FOR YOUR TREATMENT

- It is recommended you have a normal physical and pap smear within 2 years.
- Patient needs to shave or wax pubic hair before their treatment
- Let your provider know if you are prone to herpes outbreaks, as your provider may want to prescribe an antiviral prior to the treatment.
- Inform your provider of any vaginal surgery or if you have been told you have any vaginal prolapse.

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 on showering.
- No restrictions on bathing, swimming or hot tubs (exception: if spotting or mild bleeding, wait one day).

CONTRAINDICATIONS

- Cardiac devices such as AICD's (auxiliary internal cardiac devices such as defibrillators, mechanical valves, pacemakers)
- Pregnancy
- Active sexually transmitted diseases
- Current urinary tract infection
- Greater than a stage 2 pelvic organ prolapse
- Recent vaginal surgery or filler may require an alternative treatment