

ThermiVa Pre Procedure Instructions

- You must have an up-to-date normal PAP test and recent normal vaginal exam to ensure that there are no active infections.
- Increase hydration one day prior to treatment. Drink an extra 4-6 glasses of water.
- Clip hair short in the external treatment area or shave the external treatment area at least one day prior to the procedure. If you wax or have laser hair removal performed, it should be performed at least 5-7 days prior to the ThermiVa procedure 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.
- Avoid anticoagulants such as aspirin throughout the treatment regimen, if medical condition permits and pertinent to physician approval. Anticoagulants increase the possibility of bruising.

ThermiVa Post Procedure 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. Call the office if bleeding or cramping lasts longer than 24 hours.
- Typically, you may return to your normal physical and sexual activity, unless otherwise directed by your provider.
- No restrictions on showering, bathing, swimming or hot tubs, however, if spotting or mild bleeding occur wait at least one day.
- Call us immediately at (216) 464-7333 and ask to speak with a member of our clinical staff if you have any concerns.