

# POST-PROCEDURE RECOVERY GUIDE: DIVA VAGINAL REJUVENATION

## What to Expect After Your Treatment

Following your diVa Vaginal Laser treatment, you may experience mild warmth, spotting, swelling, tenderness, or a sensation of pressure in the treated area. Increased vaginal discharge or light spotting may also occur for several days after treatment.

These symptoms are temporary and part of the normal healing process.

## Post-Treatment Instructions

### For the First 24-48 Hours

- Rest and stay hydrated
- Wear loose, breathable clothing
- Use panty liners if experiencing discharge or spotting
- Avoid hot tubs, saunas, steam rooms, and swimming pools
- Avoid strenuous exercise or activities that create friction or pressure in the treated area

### Pelvic Rest

For 7 days following treatment, avoid:

- Sexual intercourse
- Tampon use
- Douching
- Insertion of any vaginal products unless approved by your provider

This allows the tissue adequate time to heal properly.

### Hygiene & Comfort Care

- Gently cleanse the area with mild soap and water
- Pat dry; avoid aggressive wiping or scrubbing
- Avoid scented feminine hygiene products
- Cool compresses may be used externally for comfort if needed

### Common Side Effects

Temporary side effects may include:

- Mild swelling
- Increased discharge
- Warmth or sensitivity
- Mild pelvic cramping
- Spotting
- Temporary urinary urgency or sensitivity

These symptoms typically improve within several days.

### Please contact our office if you experience:

- Heavy bleeding
- Severe pain
- Fever or chills
- Foul-smelling discharge
- Signs of infection
- Difficulty urinating
- Any symptoms that concern you

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