

Votiva Treatment Regimen

The effectiveness of vaginal rejuvenation is highly dependent on patient cooperation.

Before treatment:

- **A recent gynecologic exam will be required** documenting no irregularities of the vaginal wall or external skin.
- **Please remove hair** (by shaving, waxing, or laser) from the bikini and labial areas prior to external treatment. Hair removal can also be useful, but is not necessary, prior to internal treatments.
- Avoiding taking anticoagulants for 10 days before treatment, if medical condition allows. Consult with your physician for further advice.
- Arrive for treatment with clean skin. There should be no lotion, make-up, perfume, powder, bath/shower oil present on the skin in the area to be treated.
- You can be treated during light menstruation if needed. Although it is possible to treat during heavy flow, you may be more comfortable planning around the heaviest days of your menstrual cycle.
- If external structures are being treated with Fractora or Morpheus (in addition to Forma), a topical numbing cream will be applied in the office, prior to your procedure. This will be determined during your consult.

In order to maximize safety of your treatment, you will be asked to sign a consent form indicating that all of the pre-treatment recommendations have been followed and post-treatment recommendations have been reviewed. You will also be asked to confirm that you have no contraindications to treatment (listed on page 2).

During treatment:

- On the day of your first treatment, we will apply a topical anesthetic 45-60 minutes prior to your procedure.
- You will be offered Pro-Nox, which is an inhaled gas comprised of 50% oxygen and 50% nitrous oxide and is used to improve tolerability during the needling procedure. This safe treatment incurs a fee of \$75 per use and is optional.

After treatment:

- You may resume all of your usual activities of daily living, including exercise, on the day of the procedure if desired.
- Sexual activity can be resumed 48 hours after internal treatments. Patients undergoing external treatment are advised to wait 2-3 days to return to sexual activity.
- Immediately following your procedure, a topical ointment may be applied to the external structures if treated with Morpheus or Fractora. If so, you should re-apply the ointment 1-2 times per day for 2-3 days (or until redness resolves) to maintain a protective barrier. A light pantiliner can be worn to protect undergarments.
- There are no restrictions on bathing except to treat the skin gently, avoid scrubbing or trauma to the treated area, as if you had a sunburn. Please also avoid very hot water for at least 2 days.
- Avoid sun exposure to reduce the chance of hyperpigmentation (darker pigmentation).
- Multiple treatments over a period of several months may be required to achieve the desired response. You may notice immediate, as well as longer term improvements, in your symptoms and appearance.

The following **contraindications** should be discussed with your provider if any apply:

- Pregnancy or nursing
- Under 18 years of age
- Pacemaker or internal defibrillator
- Permanent implant in the treated area such as metal plates and screws, silicone implants or an injected chemical substance
- Current or history of cancer, especially skin cancer, or pre-malignant moles
- Impaired immune system due to immunosuppressive diseases such as AIDS and HIV, or use of immunosuppressive medications
- Severe concurrent conditions such as cardiac disorders, epilepsy, uncontrolled hypertension, and liver or kidney diseases
- A history of diseases stimulated by heat, such as recurrent Herpes Simplex in the treatment area
- Any active condition in the treatment area, such as sores, psoriasis, eczema and rash as well as excessively/freshly tanned skin
- History of skin disorders such as keloid scarring, abnormal wound healing, as well as very dry and fragile skin
- Any medical condition that might impair skin healing
- Poorly controlled endocrine disorders, such as diabetes or thyroid dysfunction
- Any surgical, invasive, ablative procedure in the treatment area in the last 3 months or before complete healing
- Allergies or intolerance to local anesthetics (lidocaine, etc)
- Active vaginal or vulvar lesions

Please discuss the following concerns with your treatment provider:

- Known uterine, bladder, or rectal prolapse
- Urinary abnormalities such as frequency, urgency, incontinence
- Existing or recent illness
- Recent hospitalization/surgery
- Medications

Please don't hesitate to call our office at (203) 303-7170 if you have any questions or concerns.