

# THERMiva®

## Pre-Treatment Instructions

### HISTORY

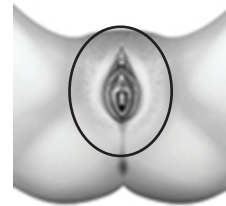
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- It is recommended to have a normal physical and pap smear within 2 years.
- If you have frequent urinary tract infections, it may be required by your provider to complete a urinalysis prior to the procedure.
- Let your physician know if you are prone to herpes outbreaks, as your provider may want to prescribe an antiviral prior to the treatment.
- Inform your physician of any vaginal surgery or if you have been told you have any vaginal prolapse.

### PRE-TREATMENT REQUIREMENTS

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- A negative pregnancy test may be required for women of childbearing age.
- Increase hydration one day prior to treatment. Drink an extra 4-6 glasses of water.
- Empty bladder immediately before treatment.
- Clip short the external treatment area (see diagram)  
**OR**
- Shave the external treatment area (see diagram) at least one day prior to the procedure (Waxing or laser hair removal 5-7 days prior 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.



### CONTRAINDICATIONS

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- Cardiac devices such as AICD's (auxiliary internal cardiac devices), defibrillators, mechanical valves, pacemakers, or any device that is affected by RF energy.
- Pregnancy
- Active sexually transmitted disease
- Current urinary tract infection
- Greater than a stage 2 pelvic organ prolapse
- Recent vaginal surgery or fillers may require an alternative treatment

### TREATMENT SCHEDULE

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- Space treatments approximately one month apart. A series of 3 treatments recommended.

Notes \_\_\_\_\_

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*\* This pre-treatment checklist is for reference only. It is not all inclusive of individual practices' guidelines and requirements for a patient's history, physical, and clinical judgement for treatment.*

# THERMiva<sup>®</sup>

## Post-Treatment Instructions

### WHAT TO EXPECT

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- 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

### ACTIVITY

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- 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)

### CALL YOUR DOCTOR

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- Bleeding lasting longer than 24 hours, pain uncontrolled by over the counter medication, cramping lasting longer than 24 hours, fever > 101 degrees

### FOLLOW UP APPOINTMENT

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- One month after each treatment
- Next appointment: \_\_\_\_\_

**I have read and understand the post-treatment instructions provided.**

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Signature of Patient

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Date

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Signature of Witness

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Date