

Thermiva Aftercare Instructions

Thank you for choosing us for your Thermiva treatment. Proper aftercare is essential to ensure safe healing and the best possible results. Please follow these instructions carefully:

What to Expect:

- Immediate tightening or lifting sensation in the treated area
- Slight warmth or swelling is normal and typically resolves within a few hours
- Improvement in vaginal laxity, dryness, or urinary control may be noticed after a few sessions
- Best results are seen after completing the full treatment series and may improve over time

Immediately After Treatment:

- You may return to normal daily activities right away
- No discomfort or downtime is expected
- The area may feel slightly warm or tingly for a few hours
- No need to avoid urinating or showering

First 24 Hours:

- Avoid intercourse or internal stimulation for 24–48 hours unless otherwise advised
- Do not use tampons or insert anything into the vaginal canal
- Keep the area clean and dry — use only gentle soap and water
- Avoid hot tubs, saunas, or baths (showers are fine)
- Wear breathable, cotton underwear and avoid tight clothing if possible

Ongoing Care (Days 2-14):

- Maintain proper hygiene with gentle products
- Avoid harsh soaps, douches, or scented feminine products
- Continue to avoid internal products or activities if any tenderness persists
- Stay hydrated and maintain a healthy lifestyle to support tissue regeneration
- Complete your series of treatments as recommended by your provider (usually 3 sessions spaced 4–6 weeks apart)

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Additional Tips:

- For optimal long-term benefits, consider maintenance sessions every 9–12 months
- Pelvic floor exercises may complement the benefits of ThermiVa
- Refrain from shaving or waxing the area right before or after treatment
- Communicate openly with your provider about your results and comfort levels

If you have any questions or experience any unusual symptoms, please contact us at 808.585.8855. Thank you for trusting us with your care!