

Ultra Femme 360 Pre & Post Instructions

(LABIAL and VAGINAL TIGHTENING)

BTL ULTRA Femme 360 is a safe, and effective non-surgical alternative to vaginoplasty and labiaplasty procedures. The ULTRA Femme 360 procedure tightens the labia, decreases the size of the introitus (vaginal opening) and the vaginal canal, improves natural lubrication, and improves sensation. It may improve stress incontinence. ULTRA Femme 360 is painless with a warm heat sensation. No anesthesia is required and there is no downtime.

- Rejuvenation of the vagina and entire vulvar and area including:
- Plumping of Labia Majora
- Lifting and firming of Labia Minora
- Tightening of Introitus (vaginal opening)
- Tightening of Vaginal Canal
- Tightening of Perineum
- Increased Blood Flow to Clitoris
- May decrease stress incontinence

The ULTRA Femme 360 Process:

You can choose to treat the vaginal canal, labia, or both at the same treatment session. During the treatment, the area is heated using radio frequency to stimulate collagen synthesis and blood supply for rejuvenation and heightened sensitivity. Focused thermal energy disrupts old collagen fibers encouraging new ones to form. A water-based gel is first applied to the skin of the labia area and the radio frequency energy is delivered as the handpiece is moved across the area. For the canal, a special adapter is used to treat the entire vaginal canal. There is no pain or irritation during the procedure, only a warming sensation. Treatment time is short, usually 20 – 30 minutes. A treatment of four sessions, spaced one to two weeks apart is conducted to achieve the optimal results. Some improvements can usually be seen and felt immediately after treatment, with the full results being achieved 12 weeks after your final treatment as the collagen continues to remodel. Maintenance treatments may be recommended annually.

Before Your Treatment

1. Eat healthy foods.
2. Drink at least 8 glasses of water 2 days prior and 4 days after.
3. Avoid caffeine or diuretics for 24 hours prior to your procedure.
4. Wear comfortable clothing to the appointment.
5. Remove all jewelry.

6. Shave **all hair** in the treatment area prior to the appointment.
7. Must have a gynecology exam within the last year with a normal PAP smear.

Treatment Day

- Postpone your treatment if you are on your period.
- You may be weighed and photographed at the beginning of your appointment. This is the most objective way to see change. Your photos will never be used for any education or promotion without your consent.
- The treatment area will be exposed to various degrees of heat from the procedure. This is usually comfortable, but you may experience intense heat. The heat is adjustable and can immediately be minimized for comfort as needed.

After your Treatment

- Thirty minutes of light physical exercise or activity is beneficial with 12 hours of the procedure.
- Be aware that smoking, excess alcohol consumption, recent surgical procedures, ongoing medication, poor hydration and eating disorders may lead to suboptimal results.
- Expect some redness, swelling, and tissue tenderness for up to 48 hours afterwards. Bruising, skin blisters and burns are rare.
- You may have dry skin for several days or weeks in the treatment area.
- Wear a light pantiliner for several days for spot bleeding.
- Photos are recommended at 6 weeks and 3 months after your treatment series to visualize full results.

You should not have this treatment if:

- You have an inserted pacemaker, internal defibrillator, or metal implant.
- You are pregnant or undergoing intra vitro fertilization (IVF).
- You should wait 6 weeks after giving birth for treatment. An IUD may be a contraindication.
- You have a fever or acute infection – bacterial or active herpes infection.
- You have a poor immune system.
- You have taken isotretinoin in the past 12 months
- You have scleroderma or other autoimmune disease
- You have a history of radiation therapy or healing poorly in the treatment area
- You have vascular disease, peripheral arterial disease, thrombophlebitis, or thrombosis or known bleeding disorders.
- You have acute neuralgia or neuropathy.

All treatments may involve risks of complications or injury from both known and unknown causes. The benefit of this treatment varies with each patient. For optimal results, it is important to follow the treatment plan that has been established for you. The results will typically continue to improve over the next few months.

Please contact our office at 281-404-5454 for any other questions and/or concerns.

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