



Thermiva Post-Treatment Instructions

WHAT TO EXPECT

- 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

- Resume normal physical and sexual activity, unless otherwise directed by your provider
- No restrictions on showering
- No restrictions on bathing, swimming or hot tubs

CONTACT US FOR

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

Contact (713)791-9100 (24 hours) or nurse@cwchouston.com (business hours)

FOLLOW UP APPOINTMENT

- 4-6 weeks after each treatment (for total of 3 treatments)
- Next appointment: _____

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

Signature of Patient

Date