

## ThermiVa Pre-Treatment Information

### HISTORY

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- We recommend that you have had a normal gynecologic exam within the past year.
- If you have frequent urinary tract infections, we may require a urinalysis before treatment.
- Let us know if you are prone to herpes outbreaks, as we may prescribe an antiviral prior to the treatment.
- Inform us of any prior vaginal surgery or if you have been told you have any pelvic prolapse.
- A negative pregnancy test may be required for women of childbearing age.
- IUD's are fine and are not contraindicated with the procedure.
- Menstruating is not contraindicated. However, if you are in the middle of a heavy flow, you may want to reschedule for your own comfort.

### ACTIVITY

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- Shave the external treatment area (see diagram) at least one day prior to the procedure (Waxing or laser hair removal should be done 5-7 days prior to avoid further irritation).



- Normal activity (including sexual activity) may be resumed immediately after treatment

### 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, vaginal infection or urinary tract infection
- Greater than a stage 2 pelvic organ prolapse
- Recent vaginal surgery or fillers (O shot or G shot)
- Collagen vascular disease such as lupus

### FOLLOW-UP

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- 4-6 weeks after each treatment (total of three treatments), then annual maintenance with single treatment.