



THERMIva

Pre and Post-Procedure Preparation

Pre-Procedure Recommendations:

- A negative pregnancy test may be required for women of childbearing age
- Increase hydration one day prior to procedure. Drink an extra 4-6 glasses of water
- Shower or bathe the morning of the procedure, so that the area to be treated is clean
- Understand and sign an Informed Consent for Thermiva treatment
- Closely clip or shave the vulvar area at least one day prior to the procedure
- Empty bladder immediately before procedure

What to Expect 24 Hours Post-Procedure:

- 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
- Unless otherwise directed by provider: Resume normal physical and sexual activity. No restrictions on showering
- No restrictions on bathing, swimming or hot tubs (exception: if spotting or mild bleeding wait one day)
- When to call your doctor: Bleeding lasting longer than 24 hours, pain uncontrolled by over-the-counter medication, cramping lasting longer than 24 hours, fever > 101 degrees

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