

## **ThermiVa Post-Treatment Instructions**

No downtime is required after the ThermiVa treatment. Women may see visible results after the first ThermiVa treatment. However, over the next several months, as the collagen rebuilds within the vaginal muscles, the full benefits of ThermiVa will be experienced. The complete vaginal rejuvenation can last for nine to twelve months, sometimes longer. To maintain the results from ThermiVa, it is important that women have an additional touch-up session once or twice a year.

- Hot tubs and swimming are permitted after treatment. If the patient has had a rare spotting episode with treatment, they should wait a day or two.
- Patients may feel tighter immediately after treatments, but that it improves even more with time.
- It is not unusual for Patients to experience incontinence and become dry immediately after their treatment.
- Patients may resume normal daily activities post treatment. There are no restrictions for physical or sexual activity. Patients may resume sexual activity the same day as long as no abnormal bleeding is reported.
- Patients may feel the tightening effects the same day, others will take more time and notice changes at 2 weeks.
- There may be mild cramping following the treatment, but this should resolve within 24 hours. If cramping persists contact your physician. To avoid possible cramping stop when you encounter moderate resistance.
- Patients should not see an increase or change in discharge. The interpreted increase in discharge is probably the gel used during treatment seeping out.
- The improvement in vaginal moisture post treatment does not typically show itself in the first week and is seen starting 2 weeks post treatment. Moisture starts more dramatically at 2 weeks and it may only be slightly improved after the first treatment and start presenting itself more significantly after the 2nd or 3rd treatment. The doctor and patient should not be concerned that they are not as wet as they want to be after only one treatment.
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### **External Treatments:**

If the patient has external issues and concerns, after the third treatment they may require additional treatments between 4-6 months.

### **Internal Treatments:**

The maintenance treatments can be between 6 to 12 months after the 3rd treatment. The internal effects of comfort, moisture, fullness, incontinence and overactive bladder can have longer lasting effects than the external treatments. The results for orgasmic dysfunction can be longer lasting than other complaints and may last over 18 months. It's an observation that when the nerves have been sensitized the effects are very enduring in terms of maintained sensitivity.