

ThermiVa Instructions

BEFORE THERMIVA TREATMENT

- The average age treated is 18 + to infinity, depending on complaint and issue. This is a procedure for both the pre and postmenopausal women.
- It is recommended that patients have a recent physical and or pap smear (when applicable) within the last 2 years (since women without a cervix do not have a pap smear).
- Patient needs to shave or wax pubic hair before their treatment.
- Those patients who experience pain during intercourse may benefit dramatically from ThermiVa. Depending on what the pain is stemming from, the patient will need a workup for painful intercourse before treatment. If the cause of painful intercourse is from atrophic vaginitis, then ThermiVa will be an excellent therapy. If painful intercourse is from a pelvic surgery, such as a mesh repair, then that should have a surgical work up.
- Patients with mesh are considered safe, unless they have had complications. Again, we are early in this knowledge; those with mesh, should be evaluated by an experienced pelvic surgeon. Providers, who do not preform pelvic surgery, should not do ThermiVa on mesh repair patients without medical clearance.

ThermiVa does not have any manufacturer declared contraindications, its is not advised to treat patients with the following conditions:

- Cardiac devices such as AICD's (auxiliary internal cardiac devices such as defibrillators, mechanical valves, pacemakers).
- Pregnancy
- Active sexually transmitted diseases
- Current urinary tract infection

AFTER THERMIVA TREATMENT

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.

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- Patients should not see an increase or change in discharge. The interpreted increase in discharge is probably the gel used during treatment seeping out.
- Patient may experience blood-tinged fluids post treatment.
- 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.