



ThermiVa/ O-Shot Pre & Post Op Instructions

Communicate with your healthcare provider about the following:

- The date of your last pap smear and if the results were normal/abnormal
- If you have frequent urinary tract infections
- If you are prone to herpes outbreaks
- Inform your physician of any vaginal surgery or if you have been told you have vaginal prolapse
- If you are pregnant or attempting to become pregnant
- If you have a cardiac device such as AICD's (auxiliary internal cardiac device), defibrillator, mechanical valves, pacemakers, or neurological stimulating device.

On day prior to procedure:

- Clip short or shave the external treatment area at least one day prior to the procedure (waxing or laser hair removal 5-7 days prior to avoid further irritation)
- Increase hydration one day prior to treatment. Drink an extra 4-6 glasses of water
- Ensure you have a prescription for medication if prone to herpes.

The day of the treatment:

- Wear comfortable pants that can be easily removed prior to treatment. Your modesty will be protected as much as possible throughout the treatment
- Empty bladder immediately before treatment, upon arrival to office

Immediately following the treatment:

- Schedule second treatment one month out

After treatment:

- Typically there is minimal discomfort and recovery time after the ThermiVa procedure. Most patients are able to return to their daily routine immediately after the treatment
- The treated area may be red for up to a few hours.
- 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 24h
- Light spotting may occur immediately post procedure, which is normal
- Resume normal physical and sexual activities, unless otherwise directed by your provider.
- No restrictions on showering.

- No restrictions on bathing, swimming or hot tubs (exception: if spotting or mild bleeding wait one day).
- If you have bleeding lasting longer than 24h, pain uncontrolled by over the counter medications, cramping lasting longer than 24h, fever greater than 101 degrees call the office.

If you have any questions or concerns please call the office at **(910) 323-3757**.