

ThermiVa Care Instructions

Before Treatment

- A negative pregnancy test may be required for women of childbearing age.
- 1 Day prior to treatment, increase hydration. Drink an extra 4-6 glasses of water.
- 1 Day prior to treatment, shave the external treatment area. (Wax or laser hair removal 5-7 days prior to treatment to avoid further irritation.)

Day of Treatment

- Immediately before treatment, empty your bladder.
- Menstruating is not contraindicated. However, if you are in the middle of a heavy flow you will need to reschedule.

After Treatment

- If treated externally, skin may be slightly pink to red, swollen, and warm to the touch approximately one-hour post procedure.
- The possibility of mild cramping and light spotting may occur immediately after your procedure. Cramping will subside within 24 hours. Call our office if bleeding or cramping lasts longer than 24 hours.
- No restrictions on bathing, showering, swimming, or hot tubs. If spotting or light bleeding, please wait 24 hours before swimming/getting into a hot tub.
- Normal activity (including sexual activity) may be resumed immediately after treatment.
- Continued water intake is recommended.

ThermiVa Treatment Schedule

- For best results a series of 3 treatments spaced 2-3 weeks apart is recommended with an annual maintenance treatment.

Questions/Concerns. If you have any questions or concerns, please contact our office at 425-450-0880.