THERMIva®

Post-Treatment Instructions

WHAT TO EXPECT

- 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

ACTIVITY

- Resume normal physical and sexual activity, 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)

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

FOLLOW UP APPOINTMENT

- One month after each treatment

I have read and understand the post-treatment instructions provided.

Signature of Patient _____ Date _____

Signature of Witness _____ Date _____