



the MedSpa
RALEIGH PLASTIC SURGERY CENTER

ThermiVa Post Treatment Care

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