



REGENERATION, P.C.

**VOTIVA FORMA V/FRACTORA V
PRE AND POST INSTRUCTIONS**

HISTORY:

- It is recommended to have a normal physical and PAP smear per guidelines.
- Inform us if you are prone to herpes outbreaks so that we may prescribe an antiviral prior to treatment.
- Inform the provider of any vaginal/pelvic surgery or vaginal prolapse.
- This treatment is not recommended for patients who are pregnant, have pacemakers, defibrillators, or any mechanical heart valves or devices.
- This treatment is not recommended for patients who have vaginal or bladder mesh or metal implants in the treatment area or those who have a current IUD.

*Please note that there are several contraindications that can eliminate patient as a candidate for this procedure. We reserve the right to cancel the treatment due to any of these contraindications.

PRE-TREATMENT:

- Shave the external treatment area at least 1 day prior to treatment. Waxing or laser hair removal 5-7 days prior to treatment to avoid further irritation.
- If on your menstrual cycle, please reschedule your treatment.
- You should avoid anticoagulants such as ibuprofen and aspirin and if medically permitted, prescribed anticoagulants for 1-2 weeks prior to the procedure.
- Discontinue any irritant topical agents for 2-3 days prior to treatment.
- You **MUST** arrive 1 hour prior to your scheduled procedure in order to let the topical anesthetic work properly.

POST-TREATMENT:

- The external vaginal area may be slightly pink/red, swollen, and tender to touch after treatment and for a few days after the treatment and then will subside.
- You may experience mild discharge and cramping following treatment however this will resolve within a few days after treatment.
- You may resume normal physical activity following your treatment.
- Avoid intercourse and direct hot water to the treated area for seven days after treatment.
- Emollient cream such as Aquaphor, vaniply, or coconut oil will be applied after the procedure and should be continued to keep area moist until the area is healed.
- Tiny scabs may appear 1-3 days after the procedure and stay for several days following the treatment. The scans should not be touched or scratched and should be allowed to flake off naturally.
- Blisters may be treated with antibiotic cream or burn cream per provider's discretion. Please inform office if any of these occur.