

Laurel OB-Gyn

ThermiVa Post-Op 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

Activity

- ❖ You can resume all normal activity including sexual activity
- ❖ No restrictions on showering
- ❖ No restrictions on bathing, swimming or hot tubs (unless you have mild spotting wait one day)

Call us if you experience any of the following:

- ❖ Bleeding lasting longer than 24 hours
- ❖ Pain uncontrolled by over the counter medication
- ❖ Cramping lasting longer than 24 hours
- ❖ Fever greater than 101 degrees
 - 828-253-5381

Follow up

- ❖ 3 sessions one month apart
 - Please call the Amber to schedule your next treatment 828-253-5381