



VANDERVEER
CENTER®

ThermiVa: Pre and Post Treatment Instructions

ThermiVa is a procedure developed to treat vaginal laxity, urinary leakage, stress incontinence, vaginal dryness, sexual dysfunction and orgasmic issues. This procedure utilizes temperature controlled radio frequency technology that treats the vulvo-vaginal region including the Labia Minora, Labia Majora, Vagina and Perineum.

PRE TREATMENT:

- Empty bladder immediately before treatment.
- Shave the external treatment area at least one day prior to the procedure (Waxing or laser hair removal 5-7 days prior to avoid further irritation).
- Menstruating is not contraindicated. However, if you are in the middle of a heavy flow, you may want to reschedule for your own comfort.

POST TREATMENT:

- There is no required downtime post treatment with ThermiVa. While uncommon, there is the possibility of mild discomfort after the treatment as well as mild swelling and/or temporary redness following the procedure.

Please call your provider at (503) 443-2250 with any questions or concerns you may have.

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