



## VOTIVA VAGINAL & MORPHEUS8 PATIENT INSTRUCTIONS

### PRE-TREATMENT PREPARATION

- Have an up-to-date normal PAP test (within last 12 months) and recent normal vaginal exam to ensure that there are no active infections
- Avoid anticoagulants such as aspirin or ibuprofen 1-2 weeks prior to treatment and if medically permitted prescribed anticoagulants as well. Anticoagulants increase the possibility of bruising.
- As needed RX for Acyclovir or Valcyclovir for viral (HSV) prophylaxis 3-4 days prior to treatment
- Review all indications & contraindications
- You should not be actively menstruating or about to start your cycle
- Complete & sign the medical history and informed consent prior to treatment
- Use the restroom to urinate immediately prior to treatment
- A vaginal exam may be performed immediately prior to the procedure to visualize the area that is going to be treated
- **If you are getting External Vaginal Rejuvenation:** Hair should be **shaved** (not waxed or chemically removed) in the treatment area 2-4 days prior to the procedure.
- Discontinue any irritant topical agents 2-3 days prior to treatment

### POST TREATMENT INSTRUCTIONS

After each **FORMA V internal treatment** session:

- Use the restroom to urinate immediately after treatment.
- Avoid any heat in the treatment area (hot baths, hot tub use, etc) and mechanical contact (including intercourse) during the first 2 days following FormaV internal treatment.
- In case of vaginal discharge, a panty liner may be worn for the first day after treatment.

The following apply to **MORPHEUS8 external treatment** procedures only:

- Emollient cream such as Aquaphor, Vaniply, or Vaseline will be applied to the external treatment area after the procedure, you may continue to reapply as often as needed to keep skin protected & clean
- Please contact us if there is any indication of infection, excessive swelling, redness, undue pain, or any other unusual symptom.
- Tiny scabs may appear and stay for 1-3 days following the treatment. The scabs should not be touched or scratched even if they itch and should be allowed to flake off naturally.
- If any blisters appear use OTC antibiotic ointment or burn treatment cream as per Dr.'s discretion.
- Avoid any heat or mechanical contact (including intercourse) in treatment area for 2-4 days.
- Most patients need only 1-2 Morpheus8 treatments, but more may be done at Dr.'s discretion