



R U M A
aesthetics

AVIVA

PRE AND POST CARE

PRE-TREATMENT CARE:

- You may want to plan to have a couple of days off work – or plan around a period when your time is flexible. Depending on the treatment area, downtime can be from 1-2 days up to 10 days.
- Hair should be shaved – not waxed or chemically removed – in the treatment area 2-3 days prior treatment. Remove any jewelry in the treatment area
- Expect to empty the bladder immediately prior to the procedure.
- Treatment area will be cleaned (vulva, vaginal canal, introitus) with disinfecting solution. Ensure that the treatment area is clean and dry from all residue prior to beginning the procedure.
- An exam of the treatment area will be done immediately prior to the procedure to visualize the area that is going to be treated.
- Please cancel your appointment 48 hours prior if you have a current urinary tract infection, yeast infection, bacterial vaginosis, or any other infection/irritation in the treatment area.

POST-TREATMENT CARE:

- Immediate cooling of the tissue with saline-soaked gauze can reduce discomfort and excessive skin response.
- A small dressing can be applied for 24 hours over port sites.
- Drainage of fluids out the incision ports may continue for 1-3 days and dressing should be changed daily.
- Discomfort can be reduced by the prescription of oral analgesia.
- Prophylactic oral and topical antibiotics for the incision ports may be prescribed as per the physician discretion. It may start the day of treatment and continued for 5-7 days to minimize risk of infection.
- Compression garment should be applied upon physician discretion: For Mons Pubis – 3-4 full days and 1-2 weeks night only.
- Ecchymosis (bruising) may last for 7-10 days or more.
- Substantial edema may last for 1-3 weeks.
- Numbness, tingling, itching and tenderness to touch may be present in the treated areas and gradually regained after 4-16 weeks or occasionally longer.
- Burning or heat sensation may also be experienced in the treatment areas as well.
- Avoid intercourse for 2 weeks post procedure.
- Avoid very hot water for at least 7 days after the treatment.

If you have questions after your appointment please call 801-514-7650 or for after-hours questions, please text 435-210-6401

Thank you for choosing RUMA Aesthetics!