



R U M A
aesthetics

FORMAV

PRE AND POST CARE

PRE-TREATMENT CARE:

- 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:

- Expect minor swelling, discomfort, warmth, and redness. These symptoms could last up to 2-3 days.
- Apply ice for the first 48 hours as needed; 20 minutes on and 20 minutes off.
- Ibuprofen 600mg every 6 hours as needed for discomfort or swelling.
- Avoid HOT baths for 48 hours. Avoid hot tubs for at least 1 week.
- No intercourse for at least 24 hours as the tissue heals. Ok to resume after 24-48 hours if you do not have any more symptoms and the swelling has improved.
- Do not use tampons or insert anything else internally for 24 hours.. Panty liners are ok.
- Tight fitting leggings/Spanx are ok if the pressure feels comfortable, but this is not necessary if it is uncomfortable.
- Avoid exercise such a cycling that involves excessive pressure on the pelvic area for 48 hours.
- Please notify us if you develop any blisters. Antibiotic ointment can be applied to these areas. We are happy to send in a prescription if needed.
- If you have a history of genital herpes, we recommend Valtrex 500mg twice daily for 3 days. The heat from the procedure can sometimes trigger an outbreak. If you do not have a prescription for this, we are happy to send it in for you.
- Please contact RUMA at 801.529.8628 immediately if there is any indication of infection, excessive swelling, uncontrolled pain, fever, unusual discharge, foul odor, or any other unusual or untoward symptoms.

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!