



THERMIVA HOME CARE INSTRUCTIONS

1. The treatment area may appear slightly pink to red and may be warm to touch and slightly swollen for approximately one hour after the procedure.
2. There is a possibility of mild cramping which should resolve within 24 hours.
3. Light spotting may occur immediately post procedure.
4. May resume normal physical and sexual activity the day of treatment.
5. No restrictions on bathing, swimming & hot tub use. If you do have mild spotting it is advised to wait 1 day.
6. If mild discomfort, may take over-the-counter medication such as Tylenol or Ibuprofen.
7. If you have any of the following symptoms call the office at 608-240-0088:
 - Moderate bleeding lasting longer than 24 hours
 - Moderate to severe cramping for longer than 24 hours
 - Fever above 101
 - Pain uncontrolled by over-the-counter medications
8. Please contact our office at 608-240-0088 or after hours call Anne Pientka (RN @ Radiance) at 608-513-8699 with any questions or concerns.