

Radiance

ThermiVA Post Treatment Recommendations

- Immediately following the treatment, please use the restroom and empty your bladder.
- 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.
- There is a possibility of mild cramping which should resolve within 24 hours.
- Light spotting may occur immediately post procedure and last for a week.
- May resume normal physical and sexual activity the day of treatment.
- No restrictions on bathing, swimming & hot tub use. If you do have mild spotting it is advised to wait 1 day.
- If mild discomfort, may take over-the-counter medication such as Tylenol or Ibuprofen.
- If you have any of the following symptoms call the office at 608-240-0088:
 - Mild spotting/bleeding lasting longer than 1 week
 - Moderate to severe cramping for longer than 24 hours
 - Fever above 101
 - Pain uncontrolled by over-the-counter medications
- **It is very important that you call us with concerns. Possible adverse reactions need to be reported to us immediately!** A follow-up for reactions will be necessary within 2 weeks of the treatment date. 608-240-0088 (during business hours) or 608-513-8699 (RN, Anne Pientka, after hours) Please schedule your follow up or subsequent treatment if you didn't schedule before leaving the clinic.

Skincare products that you may enjoy & are available at Radiance:

- Radiance Total Body Bliss~ A body lotion that smooths, tightens and hydrates! A staff & client FAVE!

- Radiance Retinol Pads~ concentrated amount of retinol to refine, soften and smooth the skin, bringing forth a healthier, glowing complexion. An easy addition to any skincare routine!
- SPF~ Sunscreen is always important to protect the skin & prevent damage that can show in the form of crepe skin, fine lines & more.

Other Complementing Services to Consider:

- **CoolSculpting**

<https://radianceskintherapy.com/body-contouring/coolsculpting-madison/>

- **CoolTone**

<https://radianceskintherapy.com/body-contouring/cooltone/>

- **Sculptra**

<https://radianceskintherapy.com/body-contouring/sculptra/>