



VIVEVE Pre & Post Care

*Do Not schedule appointment during your menstruation.

*Cannot receive treatment if you are pregnant.

Pre-Treatment

- For patients with a history of genital herpes simplex virus start prescription five days prior to your treatment.
- Complete 3 days of your bladder diary within one month prior to your treatment, these do not need to be consecutive days.

Treatment Day

Come to appointment with clean skin

What to Expect

You will feel a warm, pleasant and comfortable heating sensation during treatment. Most patients experience no side effects after the treatment and may continue all scheduled activities, including intercourse, post procedure.

Aftercare

CONGRATULATIONS! You have treated yourself to the sensational Viveve vaginal treatment. Here are a few tips to help ensure you maximize the benefits you will get out of your treatment:

- Take a daily Vitamin C supplement of 500mg (it is a co-factor necessary for your body to build collagen).
- If you feel irritated or swollen following today's treatment, take a day off from sex or using tampons.
- Some people report that urine feels warm when voiding within 30 minutes of their treatment due to internal structures being heated—this is normal and will not continue.
- You can work out and go about your day as usual as there are no activity restrictions following treatment.
- Most people report noticing a change (more moisture, more bladder control, increased sensation) at the 1-month post-treatment mark and these changes continue through the 3-month mark.

Please contact Cheeky Medspa at (907) 252-3198 if you have any questions, concerns, or compliments regarding your treatment.