



# Patient Education:

## Viveve

The Viveve treatment is a non-surgical procedure that uses cryogen-cooled monopolar radiofrequency (CMRF) energy to stimulate the body's natural collagen production in the vaginal tissue. It is used to treat conditions like vaginal laxity, which can cause diminished sexual sensation and satisfaction, as well as stress urinary incontinence and vaginal dryness. The procedure takes about 30-60 minutes, has no downtime, and can improve comfort and confidence by restoring vaginal tissue health and tone.

### Before your appointment

Do Not schedule an appointment during your menstruation. You are ineligible to receive this treatment if you are pregnant.

Wash your vaginal and vulvar area the morning of your treatment appointment. Inform your provider about any medical conditions, including active STDs or pregnancy, as these may make you ineligible for treatment. Avoid anti-inflammatory drugs like ibuprofen, aspirin, and steroids before your treatment, as they can interfere with the natural process the Viveve treatment stimulates. Being well-hydrated in the days leading up to your appointment can help your pelvic floor muscles respond more effectively. Wear loose, comfortable clothing to your appointment. For patients with a history of genital herpes simplex virus start prescription five days prior to your treatment.

### The day of your appointment

**Preparation:** A cooling gel is applied to the treatment area.

**Treatment Device:** A small device is inserted into the vagina to deliver energy.

**Energy Delivery:** The device delivers radiofrequency (RF) energy deep into the vaginal tissue while cooling the surface to protect the tissue.

**Duration:** The procedure typically lasts about 30 to 45 minutes.

**Sensation:** You may feel a mild warming or cooling sensation.



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### After your appointment

**Vitamin C:** Take a daily 500mg Vitamin C supplement, as it's a cofactor for collagen production. **Abstain from sex:** Wait approximately 48 hours before resuming sexual intercourse.

**Tampons:** Avoid using tampons if you feel irritated or swollen after the treatment.

**Do not douche:** Douching can disrupt the natural vaginal balance and should be avoided.

**Activity:** 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.

Avoid direct sunlight or extreme cold weather.

Wear a broad-brimmed hat and sunglasses or remain indoors and avoid sunlight immediately after.

Apply sunscreen with no chemicals for at least 7 days after the procedure. Remember to reapply sunscreen every 2-3 hours in order to have a good protection against UV exposure.

**DO NOT** undergo or use exfoliants, scrubbing, microdermabrasion, chemical peels, facials, shaving, and waxing for 2 weeks after the procedure.