

# MEDICAL COSMETIC ENHANCEMENTS

## THERMIVA POST CARE

### **Follow up:**

Appointments are scheduled once a month, until series is completed, then once or twice a year.

### **What to expect?**

If treated internally, skin may be slightly pink or red, swollen, and warm to the touch for ~1-2 hours post treatment.

Possible mild cramping, typically resolving in ~24 hours.

Light spotting may occur immediately post treatment.

### **Activity:**

Resume normal physical and sexual activity.

No restrictions on showering, bathing, swimming, or hot tubs. Exception, if spotting, wait until bleeding ends before swimming, bathing, or entering hot tubs.

**Call the office if you have increased pain that cannot be controlled with over the counter medication, cramping longer than 24-48 hours, or a fever of 101F or above.**

Office: 202-621-8675