



VOTIVA FORMA V/FRACTORA V

PATIENT INSTRUCTIONS

YOU SHOULD NOT HAVE THIS TREATMENT IF YOU HAVE ANY OF THE FOLLOWING CONDITIONS (CONTRAINDICATIONS):

- Active electrical implant in any region of the body
- Vaginal or pelvic surgery within the last 12 months
- Implants of mesh in the treatment area
- History of genital herpes
- Uterine prolapse, cystocele or rectocele greater than Grade 1
- Urinary tract infection
- Pelvic infection
- Active malignancy or cancer treatment within the last 5 years
- Melanoma
- Dysplastic nevi in the treatment zone
- Malignant recurring lymph node dissection of the pelvic area or significant lower lymphatic drainage problems
- Concurrent illnesses such as significant cardiac disease, diabetes, autoimmune disease or any other concurrent illnesses which may impede the wound healing response or disease, which the physician deems may interfere with proper recovery
- History of epidermal or dermal disorders involving collagen or microvasculature
- Pregnant and nursing
- Impaired immune system due to immunosuppressive diseases, such as AIDS and HIV, or use of immunosuppressive medications
- Diseases which may be stimulated by radiofrequency
- Use of anticoagulants or history of bleeding diathesis
- Any active condition in the treatment area, such as open lacerations, abrasions or lesions, psoriasis, eczema, or rashes
- History of skin disorders, keloids, abnormal wound healing (caution should be exercised if treating very dry and fragile skin)

- Any surgical procedure in the treatment area within the last 3 months or before complete healing
- Treating over tattoo or over permanent makeup
- History of Accutane use in the previous 6 months
- History of oral corticosteroid use in the previous 6 months
- Excessively tanned skin in the treatment area from treating any condition which might make it unsafe for the patient

Any of these conditions may be treated at the discretion of your physician. We may require that you bring a written consent from your specialist if we deem it necessary.

PRE-TREATMENT INSTRUCTIONS

- You must have had a consultation with your Littleton Gynecology & Wellness provider within the last 3 months
- You must have an up-to-date normal PAP test (within the last 12 months) and recent normal vaginal exam to ensure there are no active infections
- Hair should be shaved in the treatment area 2-4 days prior to the procedure. The hair should not be waxed or chemically removed
- You should not be actively menstruating or about to start your cycle
- You should avoid anticoagulants such as aspirin or ibuprofen 1-2 weeks prior to treatment and if medically permitted, prescribed anticoagulants as well.
- Discontinue any irritant topical agents 2-3 days prior to treatment

POST-TREATMENT INSTRUCTIONS FORM A V

- Avoid very hot water for at least 2 days after treatment
- Avoid mechanical contact (including intercourse) for at least 2 days after treatment
- Contact the physician if there is any indication of infection, excessive swelling, redness, pain, or any other unusual symptoms
- In case of vaginal discharge, a panty liner may be worn
- 3 treatments are recommended for maximum results

POST-TREATMENT INSTRUCTIONS FRACTORA V

- Emollient cream such as Aquaphor, Vaniply or Vaseline will applied to the treatment area after the procedure, you may continue to reapply as much and as often as necessary
- Contact the physician if there is any indication of infection, excessive swelling, redness, undue pain, or any other unusual symptom
- Tiny scabs may appear after 1-3 days and stay for several days following the treatment. The scabs should not be touched or scratched even if they itch and should be allowed to flake off naturally
- Blisters may be treated with a prescribed antibiotic ointment or burn treatment cream as per physician's discretion
- Avoid any heat in the treatment area or mechanical contact (including intercourse) for 2-7 days
- In case of vaginal discharge, a panty liner may be worn
- Most patients need only one Fractora V treatment but more may be done at the physician's discretion