

# NINA Deep M.D. Aesthetics

9039 Antares Ave. Suite D 1

Columbus, OH 43240

614-855-5555

## VIVEVE PRE & POST TREATMENT INSTRUCTIONS

**Pre-Treatment Instructions:** For patients with a history of genital herpes simplex virus – Start prescription Valtrex 500 mg 3 X per day for 5 days beginning the day before your treatment. Please let us know if you would like Dr. Deep to write you a prescription for Valtrex or another antiviral.

- Please complete 3 days of your bladder diary within one month prior to your treatment (these need not be consecutive days).
- If you are menstruating heavily on the day of your treatment, please call to reschedule. Light bleeding that requires a pantiliners is OK.
- If you become pregnant, please cancel your treatment.

**For External Treatments:** If you are having the external treatment, please shave the pubic hair of external labia (outer lips) as best as possible prior to the procedure.

## Post-Treatment

- Because your bladder and urethra will be going through positional changes, expect an alteration in your urinary pattern for the first 4-6 weeks. For some patients, this is a sensation of increased frequency (without increased leakage), but other patients may not notice anything. These are normal and not concerning.
- Expect increased vaginal lubrication, decreased vaginal laxity, improved urinary control, and improved sensation/orgasmic intensity within 4-6 months after treatment. For external treatments expect results to become fully apparent at 4 months.
- Most patients experience no side effects after the treatment and may continue all scheduled activities (including intercourse) post procedure.
- Temporary but rare side effects may include mild swelling, pelvic discomfort, tingling or redness of the treated area.
- Please complete 3 days of your bladder diary the week before your 4-month follow up appointment.
- Schedule a 4-month post treatment follow up appointment.
- If you experience any symptoms that are concerning to you, please call the office at (614) 855-5555.