



## **Votiva (Vaginal Rejuvenation) Pre and Post-Procedure Instructions**

### **VOTIVA PRE-PROCEDURE**

- Shave the area one day prior to treatment as long and dense hairs may affect the treatment.
- Empty the bladder prior to the treatment procedure.

---

### **VOTIVA POST-PROCEDURE**

- Immediately following a Votiva procedure, the area should be gently cleaned, and the patient should urinate to prevent possibility of UTI
  - Avoid very hot water for 2 days after the treatment
  - Avoid mechanical contact with the treated area for 2 days
- After each treatment session, the patient should be advised to contact the provider if there is any indication of infection, excessive swelling, redness, pain, or any other unusual or untoward symptom.