



## **PRE AND POST INSTRUCTIONS FOR V TONE PROCEDURES**

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.

What happens during the procedure :

We provide your procedure in a private, relaxing room. Prior to your treatment we will ask that you use the restroom to empty your bladder. You then will be provided with the VTone treatment wand. The treatment wand will be lubricated with a small amount of gel to help ease the comfort of entry, then gently inserted into the vagina.

Once the wand is inserted, it will apply muscle stimulation, targeting the deeper layers of tissue in the vaginal walls. It is important to always feel a contraction, if you suddenly stop feeling the contraction then let the provider know as the treatment wand will need to be adjusted.

Procedure time varies, but generally treatments take 30 minutes of active treatment time and a 45 min time frame from start to finish.

### **How is the recovery ?**

There is no downtime to worry about after your treatments. You may experience some swelling, redness or sensitivity, but these temporary side effects only last for a few days and should not interfere with you returning to your usual activities or work.

Wait for 3-7 days before having intercourse again, and keep the area moisturized with a substance such as coconut oil or creams we may prescribe if needed.

### **Pre-Treatment / post treatment Preparations**

Please obtain a copy of your most recent normal PAP test (within last 12 months) and recent normal vaginal exam to ensure that there are no active infections

If you have vaginal herpes we will need to pre treat with Acyclovir or Valacyclovir for prophylaxis prior to treatment

Hair should be shaved in the treatment area 2-4 days prior to the procedure. The hair should not be waxed or chemically removed.

avoid anticoagulants such as aspirin throughout the treatment regimen, if medical condition permits and pertinent to physician approval. Anticoagulants increase the possibility of bruising.