

## **Pre & Post Treatment Instructions FemiLift**

Treatment is not recommended if you have any of the following:

- Chronic steroid use
- Use of blood thinners
- Active menstrual bleeding or infection
- Active genital wart or herpes infection
- Diagnosed collagen disease.
- Pregnancy
- Gynecological cancers or cancerous biopsies
- Transvaginal mesh/sling
- IUD (possible risk of burning thread)
- Pelvic organs prolapse staged > or equal to Stage II
- Uncontrolled Diabetes
- Auto Immune/Reduced immune system.

Pre-Treatment:

- Confirmation that you are not currently pregnant.
- Please take prophylactic antiviral medications prior to procedure if history of herpes infection.
- Normal PAP smear with one year

Day of Procedure:

- Cleanse the entire genital area well.

Post-Treatment:

- No sexual intercourse for 3 days
- No tampons for 3 days
- No hot tubs, baths, or swimming for 3 days
- A peri pad may be needed day 1 or 2 for post procedure discharge (light spotting)
- Notify the office should you have any heavy bleeding, fever or other unusual side effects

