



VOTIVA

FormaV and FractoraV

Pre Treatment Instructions:

- Hydrate- Drink at least eight glasses of water per day to completely hydrate your skin and optimize treatment results.
- Medications -You may be provided a prescription for antiviral medication prophylaxis 3-4 days prior to the procedure if you have a history of Herpes Simplex (to avoid outbreak).
- Be sure to shave the entire pubic area approximately 1-2 days prior to your treatment. Do not shave/wax the day of treatment as you may have fresh cuts that are not visible to the eye that can be a source of infection.
- Avoid self-tanner and spray tanning for 7-10 days prior to treatment.
- The treatment area will be thoroughly cleaned, including topical anesthetic, lotions, deodorants, self tanning products and ointments with alcohol prior to treatment. It is best to arrive for treatment with clean skin. There should be no lotion, perfume, powder, bath/shower oil present on the skin in the area to be treated if possible.
- Avoid taking blood thinners or anti-inflammatory medications for 7-10 days before treatment, if medical conditions allow. Consult with your physician.

Post-Treatment Instructions:

- After FormaV mechanical penetration (such as with a tampon) is to be avoided for 24-48 hours. Intercourse is to be avoided for 24-48 hours. Patient comfort can be a guide after 24 hours.
- If you received the FractoraV, immediately after treatment most patients will experience the clinical endpoint of erythema (redness) for 1-3 days, however for more aggressive treatment this may last longer. Slight to moderate edema (swelling) in a mild to moderate sunburn sensation are also common post treatment and may last 1-3 days. Skin may crust and peel for 2-7 days depending on treatment. Mechanical penetration with tampons is to be avoided for 5-7 days after treatment. Intercourse is to be avoided for 5-7 days after FractoraV. Patient comfort can be a guide after approximately 72 hours.
- A topical ointment like Aquaphor or Neosporin may be applied to the external treatment area, no bandages or wraps are necessary. After your FractoraV treatment it is very important to keep the area hydrated.
- Treat your skin gently, avoid scrubbing or trauma to the treated area. Use water only or gentle cleanser for the first 24 to 72 hours.
- Contact the AgeWell office with any questions or concerns at 806-683-6813.