



Annie Chiu, M.D.

THE DERM INSTITUTE

Instructions Pre and Post Radiofrequency Feminine Tightening

Pre-Treatment Instructions:

- **Do NOT undergo the procedure if you have a PACEMAKER, INTERNAL DEFIBRILLATOR, OR ANY ACTIVE IMPLANTED DEVICE.**
- **Do** inform and clear the procedure with your ob-gyn or have had a normal PAP smear within the last year.
- **Do** arrive with the treatment area clear of hair (shaved, waxing, etc) and cleaned.
- **Do NOT** wear any lotions, or creams on the treatment area on the day of treatment.
- If you have a history of UTIs or Yeast infections, **please DO** let the nurse or physician know.
- **DO** hydrate well the day of and day after treatment as this will result in a more comfortable and effective treatment.

Post Skin Tightening:

- **DO** hydrate well after treatment as this may produce a better result.
- **DO** feel free to engage in normal intercourse immediately after.
- **DO** gently wash the area as there may be excess gel.
- Mild discharge due to gel may occur after treatment. **DO** let the office know if symptoms of discomfort with urination occur in the area.
- **Do NOT** undergo laser treatments, waxing, within 7 days of the treatment.
- If you were instructed to take an antiviral medication, **DO** complete the prescribed course.
- **DO** schedule your next treatment as 3 treatment intervals of 1 week maximizes results.

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance. A physician can always be reached after hours for urgent issues.