

PLUS 90 PRE/POST CARE INSTRUCTIONS

TWO – FOUR DAYS PRIOR TO PROCEDURE

- Shave hair in area to be treated
- Do not remove with chemical products or waxing **MORNING OF PROCEDURE**
- Three days prior to treatment avoid abrasive scrubs and exfoliating products.
- Shower as normal
- **DO NOT** use any products internally or externally; such as lotions, powders, lubricants
- Avoid shaving the day of the treatment.

WHAT TO EXPECT DURING & AFTER TREATMENT

- You may have the feeling of needing to urinate
- You may have some clear vaginal discharge for a few days. You can use a panty liner if needed.
- For the next 48 hours **DO NOT** have intercourse **OR** place anything in vagina
- You may feel some warmth, tingling or contractions that could remain after treatment

CONTRADINDICATIONS

- Abnormal Pap smear in the last 12 months
- Previous history of cervical cancer
- Previous bladder sling surgery
- Any metal implants from previous surgery
- Pacemaker
- Pregnant or nursing
- Currently menstruating
- Active herpes lesion

Call or text Nurse Cailynn directly (519-429-0815) if you have pain that is not relived with Tylenol, or if you have foul odor, drainage that is not clear, fever or blisters.

