

FORMA *v*

Pre-Treatment Instructions

Arrive with Clean Skin

No lotion, make-up, perfume, powder, ointment, deodorant, or bath/shower oil should be present on or near the area to be treated

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

You should not be actively menstruating or about to start your cycle

Complete Required Paperwork

You must have a normal, up-to-date normal PAP (within the last 12 months) and a recent normal vaginal exam to ensure there are no active infections

You must have had a consultation with Dr. Brooks within the last 3 months

Recommendations

Avoid taking anticoagulants, such as aspirin or ibuprofen, for 10 days prior to treatment. If you are taking any prescribed anticoagulants, you will need medical clearance from your primary care physician/hematologist for this procedure

Discontinue topical retinoid therapy 3-4 days prior to treatment and any irritant topical agents for 2-3 days prior to treatment

If you have a history of Herpes Simplex or are undergoing a deeper peel, you may be provided a prescription for anti-viral medication prophylaxis 3-4 days prior to the procedure to avoid outbreak

Post-Treatment Instructions

First 2 – 3 Days

Avoid very hot water and mechanical contact, including intercourse, for at least 2 days following FormaV treatment and 2-7 days following FractoraV treatment

Emollient cream such as Aquaphor or Vaseline will be applied to the FractoraV external treatment area and you may continue to reapply as much and as often as needed

Short-Term Side Effects

You may experience erythema (redness) and/or slight to moderate edema (swelling). For more aggressive treatments this may last longer

In case of vaginal discharge, a panty liner may be worn for the first day after treatment or as needed

Results

- You may notice immediate improvements after a single treatment, however 2-3 treatments are recommended for maximum results