

## **DIVA<sup>®</sup> PRE- AND POST CARE**

Physicians have used lasers for many years. There are many different methods for the surgical use of lasers. The diVa treatment is a fractionated hybrid laser technology that uses 1470 nm non-ablative laser and 2940 nm ablative laser to create controlled zones of coagulation to chosen depths into the vaginal mucosa that stimulates neocollagenesis and fractionally vaporize (ablate) micro laser channels in the vaginal mucosal to address tone and function of the vaginal canal. For use of diVa non-ablative laser only, it does not vaporize the tissue.

The diVa laser vaginal therapy treatment creates outcomes based on the aggressiveness of the treatment taking into account your gynecologic concerns, the health of your vaginal mucosa and your individual healing ability. Due to this, patient response can vary after a treatment. Erythema (redness) and possibly edema (swelling) are the desired responses within a few minutes after completion of the procedure. The degree of the responses and length of healing time will increase with the depth and coverage of the procedure.

### **Pre-Treatment Instructions**

- Please shave the treatment area within 24 hours of your procedure.
- Refrain from intercourse for 24 hours prior to the treatment.
- If you are prone to Herpes breakouts, we will prescribe Valtrex to start 3 days prior to your treatment. Make your provider aware should you require this.

### **Post-Treatment Instructions**

- Spotting may occur. This can last for 1–24 hours depending on the treatment depth. Immediately after treatment, you will be given a pad to wear.
- Pinkish colored discharge may occur. This can last for a few hours to 72 hours depending on the treatment depth.
- The treatment area may be extremely warm, or you may have swelling for 12-24 hours after the treatment. Cold compresses or ice packs may provide comfort during this time.
- Immediately after treatment, swelling is common and expected. Use of a cold compress or ice pack help relieve the swelling.
- If an antiviral was prescribed for you, continue to take as directed.
- You may return to your normal daily routine, including bathing or showering.
- You should refrain from sexual intercourse, vaginal penetration, douching or use of tampons for 48 hours or until spotting or discharge has stopped.
- Some patients experience sunburn or chaffed sensation for a few days. A thin layer application of Aquaphor can alleviate this sensation.
- Some patients experience mild cramping up to 24-48 hours. Post treatment discomfort may be relieved by over the counter oral pain relievers, i.e. Extra Strength Tylenol or prescribed pain medication if ordered by the physician.
- Itching may be experienced during the healing phase and is completely normal. Oral Benadryl or other antihistamine may help itching (Benadryl may cause drowsiness). DO NOT scratch the treated area as scarring complications can occur.
- When showering in the next few days, it is recommended to avoid getting shampoo or harsh cleansers directly on the treated area.
- Gentle use of bath tissue is recommended to reduce any sensitivity to the area.
- If you get frequent urinary tract or yeast infections, you may experience one post treatment. Let us know if symptoms occur and we can call you in a prescription for treatment.