

### diVa™ Laser Vaginal Therapy Treatment

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.

#### Post Treatment Care

- Spotting may occur. This can last for a few hours – 12 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 – 72 hours depending on the treatment depth.
- A serous (clear) drainage may occur for one week.
- The treatment area may be extremely warm 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.
- Avoid sexual intercourse, douching, and inserting tampons for 48 hours.
- You should refrain from sexual intercourse, vaginal penetration, douching or use of tampons for up to 48 hours or until spotting or discharge has stopped. If sexual intercourse is uncomfortable at the 48 hour mark, wait an additional 4-5 days.
- 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 anti-histamine 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.
- It is recommended to lean forward when urinating. This will help decrease the sensation of burning during urination.
- If you were treated for urinary incontinence, it may worsen during the initial 48 hours.

Additional instructions:

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#### Warning

There may be some slight degree of swelling immediately post treatment; however, if you have excessive swelling or any of the following signs of infection, you should contact the office immediately. Signs of infection include:

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater
- Extreme itching