



## Frequently Asked Questions

### What is ThermiVa?

ThermiVa is a non-surgical procedure for labia and vaginal tightening and rejuvenation. ThermiVa is a form of energy medicine that uses heat therapy delivered via radio frequency (RF) waves to promote collagen synthesis, shrinkage and tightening of female tissues.

Most women suffer from incontinence, orgasmic dysfunction, prolapse, vaginal laxity, and/or vaginal dryness as a result of childbirth or a change in hormone status. They seek and want an intelligent comfortable choice for their female needs. ThermiVa is the first non-surgical and thermal-controlled radio frequency procedure to relieve symptoms associated with female gynecological conditions.

### What are the benefits of ThermiVa?

**Vaginal (internal) Tightening:** ThermiVa tightens the vagina at the opening of the full length of the vagina reducing laxity that is noticeable to patient and partner.

**Vulvar/Labial (external) Tightening:** ThermiVa will tighten the external labial tissues and reduce sagging or lax skin. It results in noticeably softer and smoother skin. Patients experience more comfort in tight clothing and less self-consciousness in yoga pants and bikinis.

**Decreased Dryness:** ThermiVa adds collagen and elasticity which results in softer and thicker skin and normalizes moisture both internally and externally. For those experiencing Vaginal/Vulvar Dryness or Atrophic Vaginitis, ThermiVa makes daily life and sexual intercourse more comfortable.

**Reduced incontinence or Leakage Accidents:** Patients experience reduced accidents and leakage and even urge symptoms after treatment with ThermiVa. Women diagnosed with mild to moderate stress incontinence (Stage II) may benefit from the procedure and avoid the need for surgical options.

**Increased Sexual Satisfaction:** Patients can expect increased vaginal sensitivity, more coordinated and stronger muscular contractions, and ability to achieve stronger orgasms in a shorter time period.

### How Does ThermiVa Work?

ThermiVa non-surgical vaginal rejuvenation delivers controlled thermal energy to the desired areas – external (labia) and/or internal (vagina). Applying heat to tissue has become the standard for promoting collagen remodeling, which helps strengthen the structural support columns and improve the integrity of the skin. ThermiVa encourages new, tighter collagen production and improved coordination of muscle activity and strength.

### **How Long Does the Treatment take?**

The ThermiVa procedure takes approximately 30-40 minutes in the office. 20 minutes internally and 20 minutes externally.

### **How Many treatments will I need?**

The complete ThermiVa procedure includes 3 separate treatments completed one month apart. There is no downtime and no anesthetics are required. Patients are comfortable, relaxed and very pleased with the noticeable results.

### **Is it painful?**

ThermiVa is pain-free and requires no downtime recovery. Patients can resume regular activity and sexual function on the same day. ThermiVa treatments are gentle, relaxing and feel like an internal, warm massage.

### **How soon will I notice results?**

Results vary from person to person, although some patients have reported immediate improvement, you can expect the benefits to be noticeable in about 2 weeks after treatment.

### **How long will results last?**

The results can last up to one year.

### **Who will be performing the procedure on me?**

The procedure can be performed by the doctor, a physician assistant, a nurse, or a clinically trained professional.

### **Do I need to do anything special prior to the treatment?**

No you can do your normal activities up until treatment, and resume any of your normal activities immediately following the treatment. There is no downtime before or after the treatment.

### **Is it a problem if I have an O-Ring, or a pessary?**

It is not problem. Although prior to treatment you will want to remove any objects from the vagina.

### **Is this procedure covered by insurance? If not, how much does it cost?**

No, this procedure is currently not covered by insurance. But you may want to check with your individual insurance carrier. It is approximately \$3500 for the three treatment protocol. And many of our doctors offer patient financing options for this procedure, such as Care Credit or Practice Payment Plans.

### **Can I be treated while I have my period or an outbreak of an STD?**

You should wait until the outbreak and or your period has subsided to be treated.

**Does this treatment help with discoloration of the labia?** ThermiVa does not treat melanin (pigment). However, it does increase blood flow which results in pinker coloring and a healthier appearance to the treated skin.