



VIVEVE POST-TREATMENT INSTRUCTIONS

CONGRATULATIONS! You have treated yourself to the sensational VIVEVE vaginal treatment. Here are a few tips to help ensure you maximize the benefits you will get out of your treatment.

- * Take a daily Vitamin C supplement of 500mg (it is a co-factor necessary for your body to build collagen).
- * If following today's treatment you feel irritated or swollen down there, take a day off from sex or using tampons.
- * Know that some ladies have reported that their urine feels warm when they void within 30 minutes of their treatment (we heated things up in there so it is not surprising that your urine is warm too, don't worry this is normal and will not continue).
- * Yes you can work out and go about your day as usual, no one will know what you have done :)
- * Most ladies report noticing a change (more moisture, more bladder control, feeling a bit more friction) at the 1 month post-treatment mark and these changes continue through the 3 month post-treatment mark (the gift that keeps on giving).
- * We look forward to seeing you again to maintain these results.

Sex just
went from

:)

to

