



VOTIVA

WOMEN'S INTIMATE HEALTH

RECOMMENDATIONS BEFORE YOUR TREATMENT

We look forward to seeing you for your treatment! Until then, follow these recommendations to optimize your results.

- A gynecological examination must be carried out on the day of your treatment. A normal cytology result (Paptest) dating less than one year is also required. Please let us know if your cytology is over a year old or if you have received a cytology result abnormal in the past.
- For hygienic and sterility reasons, **please shave pubic hair** the day before your treatment.
- It is recommended to **clean thoroughly the external parts** at home on the day of the treatment, and to **avoid the application of creams, lotions, perfumes, oils or powder** on the skin before treatment.
- If possible, avoid **anti-inflammatory drugs** (Advil®, Motrin®, Celebrex®, Naproxen®, etc.) and **Omega-3** 3 days before your treatments.
- **Plan the right time** to perform the *Votiva*. It is acceptable to carry out the treatment in the event of menstruation. Nevertheless, for your comfort, you could contact us to reschedule your appointment in case of **heavy gynecological bleeding**.
- **Avoid sexual relations in the 24 hours preceding** your treatment.
- In the event of an **ongoing infection** or **antibiotics use**, please postpone your appointment.
- For greater comfort, you may take **2 tablets of acetaminophen (Tylenol®)** 500 mg one hour before your treatment.

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If you have any additional questions, please do not hesitate to contact us at (514) 466-8822 or via info@clinicare.ca