



# VOTIVA

WOMEN'S INTIMATE HEALTH

## RECOMMENDATIONS AFTER YOUR TREATMENT

**Congratulations! You have just completed your Votiva treatment. Here are our recommendations for the following week. If you have any questions or concerns, do not hesitate to contact us. We are here to help you.**

- It is normal to feel a little **tenderness and a feeling of warmth** in the treatment area. It is also normal to notice **some redness** in the treated areas. Don't worry, these symptoms usually subside in the following hours.
- You can resume **physical activity and sport** as of tomorrow.
- If your treatment included the area of the external genitalia, we recommend the **application of an appropriate moisturizing cream** 2 to 3 times a day during the week following your treatment.
- Please **avoid spas, saunas and hot baths** for the next 3 days following your treatment.
- Please **avoid sexual relations** for the next 3 days following your treatment to allow for optimal healing.
- Please contact us if **swelling, discharge, crusting, pain or increasing redness** occurs.

[www.clinicare.ca](http://www.clinicare.ca)



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