



BAY AREA COSMETIC DERMATOLOGY
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POST CARE FOR VIVEVE

You may return to your normal activities after Viveve as specified below. You should follow the medical advice of your provider regarding any additional post-care instructions.

- You may return to normal sexual activity and any other activities (including exercise) immediately after your procedure.
- You may wish to wear a pad or panty liner for several hours post-procedure, as the lubricating fluid used during treatment may cause leakage.
- Your external labia and vaginal opening may become mildly swollen after your treatment. This is normal and expected, and it typically resolves within 24 hours.
- If your treatment is performed during or near your menstrual cycle, you may experience brown or pink discharge post-procedure.
- You should **not** experience any pain, cramping, or heavy bleeding post-procedure. If any of these occur, please contact us immediately.
- The first time you urinate after your Viveve treatment, you may experience a *non-painful* warm sensation. This is normal and expected. Burning or pain with urination is **not** a normal side effect and should be reported to your provider immediately.

Your provider will describe the nature and timing of expected results.

If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.

Questions or concerns? Please securely send a direct message to your provider through BACD's online patient portal: [MyPatientVisit](#) or call the office 415-292-6350.