

# AMMOS™

Pre & Post Tx Instructions



# Contraindications

**While I understand this technology does not have any manufacturer declared contraindications, it is advised not to treat patients with the following conditions:**

- Cardiac devices such as AICD's (auxiliary internal cardiac devices such as defibrillators, mechanical valves, pacemakers).
- Pregnancy
- Active Sexually Transmitted Diseases

**Current Urinary Tract Infection Your physician may suggest alternative treatment if you have any of the following conditions:**

- Greater than stage 2 pelvic organ prolapse
- Recent vaginal surgery or fillers
- Intrauterine contraceptive device (IUCD or ICD)

# Pre Tx Instructions

- The average age treated is 18 + to infinity, depending on complaint and issue. This is a procedure for both the pre and postmenopausal women.
- It is recommended that patients have a recent physical and or pap smear (when applicable) within the last 2 years (since women without a cervix do not have a pap smear).
- If you have frequent urinary tract infections, it may be required by your provider to complete a urinalysis prior to the procedure.
- A negative pregnancy test may be required for women of childbearing age.
- Patient needs to shave or wax pubic hair before their vulva treatment.
- Empty bladder immediately before treatment.
- Menstruating is not contraindicated. However, if you are in the middle of heavy period, you may want to reschedule for your own comfort.

# Pre Tx Instructions

- Let your physician know if you are prone to herpes.
- Inform your physician of any vaginal surgery or if you have been told you have any vaginal prolapse.
- Those patients who experience pain during intercourse may benefit dramatically from this treatment. Depending on what the pain is stemming from, the patient will need a workup for painful intercourse before treatment. If the cause of painful intercourse is from atrophic vaginitis, then it will be an excellent therapy.

# Post Tx Instructions

- Space treatments approximately one month apart. A series of 3 treatments recommended.
- Hot tubs and swimming are permitted after treatment. If the patient has had a rare spotting with treatment, they should wait a day or two.
- Patients may feel tighter immediately after treatments, but that it improves even more with time.
- It is not unusual for patients to experience incontinence and become dry immediately after their treatment.
- Patients may resume normal daily activities post treatment. There are no restrictions for physical or sexual activity. Patients may resume sexual activity the same day as long as no abnormal bleeding is reported.
- Patients may feel the tightening effects the same day, others will take more time and notice changes at 2 weeks.

# Post Tx Instructions

- Patients should not see an increase or change in discharge. The interpreted increase in discharge is probably the gel used during treatment seeping out.
- Patient may experience blood-tinged fluids post treatment.
- The improvement in vaginal moisture post treatment does not typically show itself in the first week and is seen starting 2 weeks post treatment. Moisture starts more dramatically at 2 weeks and it may only be slightly improved after the first treatment and start presenting itself more significantly after the 2nd or 3rd treatment.
- There may be mild cramping following the treatment, but this should resolve within 24 hours. If cramping persists contact your physician.

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THANK YOU