



Votiva and MorpheusV Vaginal Rejuvenation FAQ

What does Votiva do?

Votiva is a safe, painless treatment for feminine sexual dysfunction and rejuvenation. The Votiva technique uses a bipolar radio frequency device which can be used internally and externally. It is FDA approved as a treatment for sexual dysfunction in combination with Kegel exercises to improve muscle tone in the pelvic floor. This helps with vaginal dryness, laxity, loose tissue, and brings some improvement in bladder leakage. Votiva improves lubrication, vaginal tone and sensitivity, and appearance to the labia. Clients report increased tightness, arousal, lubrication, and tighter appearing labia after a series of three treatments. Sexual partners report improved tightness, and are usually very supportive of continued treatment. MorpheusV RF Microneedling is slightly more aggressive but results in more dramatic improvement and is especially effective at labial tightening.

Who is Votiva or MV for?

Votiva is for adult women who desire improvement in sexual function and a tighter, more youthful vagina and labia. Good candidates are women who have noticed changes from childbirth, aging, or hormonal decline and would like a non-surgical, non-hormonal way to improve these issues. We are particularly happy to provide this option to women who can't use hormonal based treatments for vaginal changes after cancer or medical contraindications. Votiva and MV are not for women with recent surgery, infections, implanted electrical devices, implanted mesh, pregnancy, undiagnosed pelvic pain, current abnormal pap smears, or conditions severely interfering with skin health.

Is Votiva painful?

No! The standard procedure uses a small wand to deliver heat internally to the vaginal wall and externally on the vulva, including the introitus (vaginal opening). You will feel heat similar to a hot stone massage, but not to the level of any pain. If you opt for the optional addition of MorpheusV Microneedling for even more improvement, we will use a topical anesthetic to minimize pain.

Is there any downtime?

After Votiva we recommend avoiding mechanical or heat stimulation of the area for 2 days. Most clients don't report any discomfort after the procedure. In fact, most notice an improvement in blood flow, tightness and sensation within days. If you add the MorpheusV, then this rest time extends to five days. Mild bleeding/spotting is common after MorpheusV Microneedling.

What is the course of treatment?

A course consists of three treatments 2-4 weeks apart. After each of these you will notice some improvement in symptoms for a few weeks after treatment. At the three month point, the longer lasting benefits start as the collagen changes maximize. Improvement lasts about 9-18 months depending on health and hormonal status. We recommend a single yearly maintenance treatment.

How do I prepare for a treatment?

Prior to a treatment, be sure you are up to date on your Pap smears and have no symptoms of infection. If you have a history of genital herpes, you need to begin antiviral medication 24 hours prior to the treatment. Shave your bikini area a day or two prior to be sure any shaving irritation has calmed down and the labial area is hair-free.

The vaginal Tone muscle stim treatment is available for rapid short term pelvic floor strengthening.