



MONA LISA TOUCH PRE- AND POST- TREATMENT INSTRUCTIONS

It is important to follow your treatment provider's instructions before and after treatment.

Pre-Treatment Instructions:

- No sexual intercourse 48 hours prior to your treatment.
- You can't be on your menstrual cycle at time of treatment.
- Clip, trim or shave long pubic hair the day before your treatment.
- Shower the morning of your treatment so that the area to be treated is clean.
- If you have a history of herpes, you must be on Acyclovir for one week prior to your treatment.
- You must have no active external or internal vaginal infection present on the day of treatment. If active lesions or infection are present, your appointment will be rescheduled.
- Dress in loose fitting pants/skirt and cotton underwear on day of treatment. No thong underwear.
- No creams, lubricants, gels, vaginal estradiol rings or suppositories in the vagina for 48 hours prior to your treatment.

Post-Treatment Instructions:

- Skin will feel sensitive and warm immediately after the treatment.
- First urination may burn.
- Use cold compresses or gel packs (20 minutes on then 20 minutes off) as needed for swelling and discomfort for the first 2-3 hours.
- Redness and swelling of the external skin may be present for 3-5 days.
- Do not take a bath or shower for 24 hours and avoid hot water on the treated area until healing is complete.
- The treated area may be itchy at day 3. If the skin itchy, you may use a mild 1% Hydrocortisone cream on the external area. Reapply the cream 1-3 times per day for relief of the itchiness.
- You may experience a rusty colored discharge, which is normal.
- Wear loose cotton underwear for 3-5 days after your treatment.
- Avoid wearing panty hose, leggings, and tight-fitting pants for 3-5 days.
- Avoid lifting heavy weights or doing intense physical exercise for 3-4 days following treatment. Avoid riding a bike or a horse for 5 days following your treatment.
- Nothing can be inserted into the vagina for 5-7 days or until after the swelling and itching resolves. This includes intercourse, tampons, gels, estradiol rings, and suppositories.
- Schedule follow up visits as recommended by your treatment provider.