



## Mona Lisa Touch Treatment Pre and Post Instructions

<PersonalInfo.FullName>

<PersonalInfo.DOB>

Please read and follow all instructions listed below to learn how to prepare for your treatment and receive the best possible results. This procedure has a minimal recovery period, depending on treatment level and the body's response.

If you have any questions or concerns regarding your treatment or the aftercare, please call (970) 223-0193.

If you have an emergency, please call 911 or visit an emergency room.

### - PREPARING FOR YOUR TREATMENT -

**No sexual intercourse 48 hours** prior to your treatment.

**Clip, trim or shave long pubic hair** the day before your treatment.

**Avoid creams, lubricants, gels, vaginal estradiol ring or suppositories** in the vagina for 48 hours prior to your treatment.

**You cannot be on your menstrual cycle at time of treatment.**

**Verify your pharmacy is current, pick-up your prescriptions and follow the instructions provided:**

Acyclovir/Valtrex (antiviral/for those with a history of herpes)- **begin 2 days prior to treatment and continue 3 days after.**

#### Item Checklist

1% Hydrocortisone cream  
Loose Cotton Underwear  
Mild hypoallergenic  
Cleanser

### - THE DAY OF YOUR PROCEDURE -

#### PRIOR TO ARRIVAL

- **Shower the morning of your treatment**, so that the area to be treated is clean.
- **You must have no active external or internal vaginal infection present** on the day of treatment. If active lesions or infections are present, your appointment will be rescheduled.
- **Dress in loose fitting pants/skirt and cotton underwear on day of treatment.**

#### AFTER TREATMENT IS COMPLETED

- **Use cold compresses or gel packs- provided after treatment-** (20 minutes on then 20 minutes off) as needed for swelling and discomfort for the first 2-3 hours.
- **Do not take a bath or shower for 24 hours and avoid hot water** on the treated area until healing is complete.
- **Gently cleanse the area 2-3 times a day** with mild hypoallergenic cleanser.
- **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 at least 5 days after your treatment, or instructed by your provider.** This includes intercourse, tampons, gels, estradiol rings and suppositories.

#### POST TREATMENT SKIN CONDITION EXPECTATIONS

- +Skin will feel sensitive and warm immediately after treatment.
- +Redness and swelling of the external skin may be present for 3-5 days.
- +The treated area may be itchy at day 3

- + If the skin is itchy, you may use a mild 1%- Hydrocortisone cream on the external area. Reapply the cream 1-3 times per day for relief of itchiness.
- +You may experience a rusty colored discharge, which is normal.

