



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.

