

# The Center For Women's Aesthetics

## **MONAL LISA TOUCH PRE-PROCEDURE INSTRUCTIONS**

- Please refrain from vaginal sexual activity for 2 days prior to the procedure.
- Please do not use any vaginal products such as creams, ointments, suppositories, lubricants, tablets, or douche for 5 days prior to the procedure.
- If you have a history of herpes, take an anti-viral (Valtrex, Acyclovir) prescribed by your physician to help prevent an outbreak. The stimulation of the laser treatment may cause an outbreak.
- DAY OF TREATMENT- Shower or bathe the morning of treatment as you cannot shower for 24 hours after treatment.

## **MONA LISA TOUCH POST-PROCEDURE INSTRUCTIONS**

- Please be aware that you may experience vaginal itching, irritation, redness, swelling, mild bleeding or discharge, and urinary burning for several days following your procedure
- Do not insert anything, including creams, into your vagina for 5 days
- Apply ice pack for 20 minutes at a time, every hour for 4-6 hours or longer if desired
- Apply Aquaphor to external vulvar area 3 times a day for 3 days
- Use Lidocaine numbing cream as needed externally for discomfort
- No shower for 24 hours. Avoid harsh soaps or perfumed products. Avoid vigorous washing or rubbing until skin is healed. No tub bath for 5 days
- No swimming for 1 week
- Wear loose cotton underwear and avoid tight jeans or pantyhose until healed
- Avoid biking or running for 2 days. You may walk, do yoga or light weight lifting starting tomorrow. Raising your heartrate for an extended period of time will result in increased swelling
- No sexual intercourse for 7 days
- You may take Tylenol as needed for discomfort.
- Call the office for any questions or concerns at 980-218-9496. If you need to speak with a nurse or doctor after hours please 704-805-8100.