



MONALISA TOUCH PRE AND POST TREATMENT INSTRUCTIONS

PRE-TREATMENT

- Please refrain from vaginal sexual activity for 3 days prior to the treatment.
- Please do not use any vaginal products (creams, ointments, suppositories, lubricants, tablets, or douche)

Patient Supplies Needed

- Moisturizing occlusive ointment, such as Aquaphor Healing Ointment or Vaseline Ointment.
- Gentle, hypoallergenic skin cleanser such as Cetaphil.
- Cold gel packs

DAY OF TREATMENT

- Shower or bathe the morning of treatment, so that the area to be treated is clean.
- Area must be clean and dry without any traces of creams, lotions, or other substances that may interact with the laser.
- Remove any intra-vaginal appliance, estrogen ring, diaphragm, medical cup or piercings prior to presenting to the office for treatment.
- Anesthetic gel/cream (if used, but not necessary of internal treatment) must be removed before treatment.
- Understand and sign a Consent to Treat Form.

POST-TREATMENT

- Ask questions, be sure to have all your concerns addressed before you leave.
- Schedule follow-up visits as recommended by your treating physician.
- Refrain from vaginal sexual activity for 48 hours after treatment.
- Keep area moist by applying Aquaphor or Vaseline ointment to the treated area.
- Gently cleanse with mild, hypoallergenic soap (Cetaphil) as needed starting the day after the procedure.
- Use cold compresses or cold gel packs (20 minutes on; then 20 minutes off) as needed for swelling and discomfort.
- Wear loose, cotton underwear.
- Avoid wearing panty hose and tight-fitting pants.
- Most patients resume normal activity as tolerated immediately after the procedure.
- Contact your health care provider should you experience discomfort, pain, or any other symptoms, or if you have other concerns. 760.637.2500