



## **Pre-Treatment Instructions MonaLisa Touch®**

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### **EXTERNAL VULVAR**

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

#### **Pre-Treatment Recommendations**

- Shower or bathe the morning of treatment, so that the area to be treated is clean.
- Understand and sign a Consent to Treat form
- Closely clip or trim the vulvar area before your treatment
- Dress in loose fitting pants and cotton underwear on the day of treatment
- Your care provider may apply topical anesthetic to the vulvar area prior to treatment to minimize treatment discomfort
- Purchase supplies and medications needed for post-treatment care before treatment date.
- Patient Supplies Needed
  - Moisturizing occlusive ointment, such as Aquaphor® Healing Ointment or Vaseline® ointment.
  - Gentle, hypoallergenic skin cleanser
  - Cold gel packs
  - Patient prescriptions as directed by physician: antiviral and/or others

#### **What to Expect 24 Hours Post Treatment**

- Skin may feel sensitive and may be red and swollen and treated area may be itchy
- Use cold compresses or cold gel packs (20 minutes on; then 20 minutes off) as needed for swelling and discomfort
- Gently cleanse the area 2-3 times a day with sterile saline or a mild, hypoallergenic cleanser
- Reapply occlusive ointment after each wash and continue to use until skin is healed.
- Avoid lifting heavy weights or doing intense physical exercise for 3-4 days following the treatment
- Refrain from sexual intercourse for a week after the treatment.
- Wear loose, cotton underwear
- Avoid wearing panty hose and tight-fitting pants

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