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MonaLisa Touch Post-Internal and External Treatment Instructions

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

Post-Treatment Instructions

- Schedule follow up visits as recommended by your treatment provider.
- Refrain from vaginal sexual activity for 14 days after treatment.
- Keep area moist by applying occlusive ointment to the treated area.
- Wait 1 day before taking a shower or bath (avoid using hot water on the treated area until healing is complete).
- Gently cleanse with mild, hypoallergenic soap (Cetaphil) as needed starting the day after the procedure.
- Avoid swimming (pool, lake, etc.) for 14 days after procedure.
- Skin may feel sensitive and may be red and swollen and treated area may be itchy for up to one week following the procedure.
- Use cold compresses or cold gel packs (20 minutes on; then 20 minutes off) as needed for swelling and discomfort.
- 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.
- Wear loose, cotton underwear.
- Avoid wearing panty hose and tight-fitting pants.

If you have any questions about these instructions or the procedure, please contact your Physician at 913-601-4020.