**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.