



Before and After Instructions for the MonaLisa Touch™ External Vulvar laser procedure

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.
- 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

Patient 24 Hours Post Treatment Instructions

- 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

We welcome your questions. Any concerns you may have will be discussed during your consultation. Please ask us any and all questions you can think of. We want you to feel absolutely safe and be reassured that this procedure is right for you.