

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

- Shower or bathe the morning of treatment, so that the area to be treated is clean
- Shave the vulvar area before your treatment
- Dress in loose fitting pants and cotton underwear on the day of treatment
- Purchase supplies and medications needed for post-treatment care
  - Moisturizing occlusive ointment, such as Aquaphor Healing Ointment or Vaseline ointment
  - Cold gel packs

## **MonaLisa Touch Post-External Treatment Instructions**

- Schedule follow up visits as recommended by your physician
- Refrain from vaginal sexual activity for 7 days after your 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)

### **2 Hours Post Treatment**

- Skin may feel sensitive and may be red and swollen; 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
- 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 treatment
- Refrain from sexual intercourse for a week after the treatment
- Wear loose, cotton underwear
- Avoid wearing panty house and tight fitting pants

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

- Shower or bathe the morning of treatment, so that the area to be treated is clean
- Clip or trim long pubic hair as advised by your physician

## **MonaLisa Touch Post-Internal Treatment Instructions**

- Schedule follow up visits as recommended by your physician
- Refrain from vaginal sexual activity for 48 hours after treatment
- Most patients resume normal activity as tolerated immediately after procedure