

## MonaLisa Touch

### Pre-External Treatment Instructions

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

#### **Pre-Treatment Requirements**

- No oils two weeks before treatment
- No water-based lubricants or films per vagina for one week before the procedure
- No sex one week prior to procedure
- Call to cancel your appointment if you have symptoms of a vaginal infection until it can be evaluated by your primary gynecology provider

#### **Pre-Treatment Recommendations: Patient**

- Shower or bathe the morning of treatment, so that the area to be treated is clean.
- Understand and sign a Consent to Treat form
- Clip or shave the vulvar area before your treatment
- Dress in loose fitting pants and cotton underwear on the day of treatment
- Your care provider will apply topical anesthetic to the vulvar area prior to treatment to minimize treatment discomfort. Please bring the cream with you as we do not keep it stocked in the office.
- Purchase supplies and medications needed for post-treatment care before treatment date.
- Patient Supplies Needed
  - Moisturizing occlusive ointment, such as Aquaphor® Healing Ointment.
  - Gentle, hypoallergenic skin cleanser (such as Cetophyl)
  - Benadryl OTC Tablets for post procedure use as needed for itching
  - Patient prescriptions as directed by physician: antiviral and numbing cream
  - Perineal Irrigation Bottle, or any clean spray bottle will suffice
  - Antiviral prescription for those with history of genital herpes

## **Post-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 7 days after treatment.

### **Patient Post Treatment Instructions**

- 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 and treated area may be itchy for 3-5 days. Benadryl helps with post procedure itching.
- 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 a perineal irrigation bottle and pat dry.
- Reapply occlusive ointment after each wash and continue to use until skin is healed.
- Avoid 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.

### **Other instructions:**

If you have any questions about these instructions or the procedure, please contact your physician, (540) 431-2330 option 1 during normal working hours or via email (womenfirstva@gmail.com) after working hours.