



Camelback Women's Health **MonaLisa Touch Pre & Post External Treatment Instructions**

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.
- Understand and sign a consent to Treat form
- Closely clip or trim the vulvar area before your treatment
- 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 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.
- Wear loose, cotton underwear
- Avoid wearing panty hose and tight – fitting pants.

Other Instructions: