



PRE & POST CARE FOR JULIET FEMININE REJUVENATION

BEFORE YOUR TREATMENT:

- Hair in the treatment area should be cleanly shaven
- Notify clinic with any changes to your health history or medications since your last appointment
- Notify clinic of any of the following, as treatment should not be performed if you have:
 - Infection in the treatment area
 - Bleeding in the treatment area
 - Active menstruation cycle
 - Abnormal pap-smear within the last 6 months
- Please request and provide a report of normal GYN exam and clear/negative pap smear (done within prior year) to our office no later than 3 days prior to treatment

AFTER YOUR TREATMENT:

- Over the counter pain medication is recommended if you experience minor pain/discomfort post-treatment
- Refrain from intercourse for at least 72 hours post-treatment
- Pink discharge or spotting may be present for 3-4 days post-treatment
- Avoid hot tubs, baths or swimming for a few days post-treatment
- Ablative treatments to external vagina:
 - Skin will be sensitive for a few days
 - Do not apply skin irritants to the area for a few days
 - Do not shave, wax or use depilatory creams for a few days
 - Apply Laser Enzyme Gel or Aloe Vera Gel to outer vulva for comfort
 - Some crusting in the area for a few days can be normal. Keep moist with Aquaphor or Aloe Vera Gel if this occurs.
 - Avoid sun exposure in the area for a few days
- Notify clinic of any concerns (blistering, excessive redness/swelling, itching, etc.)

Additional instructions: For patients with a history of genital cold sores, it is recommended to prevent outbreaks by taking Valtrex 500mg by mouth twice a day for 3 days or acyclovir 400mg three times a day for 5 days. Please ask your provider for a prescription if you need one.