

Gigi Kroll, MD ♦ Zhanna M. Pinkus, MD

Aileen Slivkoff, NP & Jenny Vu, NP

180 Newport Center Drive, Suite 265, Newport Beach, CA 92660

T 949 706 0181 F 949 706 7187

www.newportcenterwomenshealth.com

MonaLisa Touch Internal and External Post-Procedure Treatment Form

Please note that it is important to follow your treatment provider's instructions before treatment.

24 Hours Post-Procedure Treatment Instructions:

- Schedule follow up visits as recommended by your treatment provider
- Refrain from vaginal sexual activity for 4 days after treatment
- Most patients resume normal activity as tolerated immediately after procedure
- The treated area on your skin may feel sensitive, be red, swollen or itchy
- Keep area moist by applying occlusive ointment to the treated area
- You may shower anytime after the procedure (avoid using hot water on the treated area until healing is complete)
 - Avoid pools, Jacuzzis, and baths for 4 days
 - Gently cleanse the area with a mild, hypoallergenic cleanser (e.g., Baby Wash)
- Use cold compresses or cold gel packs (20 minutes on; then 20 minutes off) as needed for swelling and discomfort
- You may apply an occlusive ointment (e.g., Aquaphor) 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
- You may apply Recticare ointment or cream to external irritated areas if any pain
- 600 mg Ibuprophen every 8 hours for a total of 24 hours if needed
- Valtrex 500 mg twice daily for 2 days if needed

Other Special Instructions:

Should you have any questions about these instructions or the procedure, please contact your physician.

Patient Signature: _____ **Date:** _____