



BEFORE AND AFTER PREPARATION

Prior to the MonaLisa Touch vaginal laser procedure:

- Stop smoking for at least two weeks before and one week after the MonaLisa Touch procedure. Nicotine can impair circulation and healing.
- Avoid all intravaginal creams and lubricants and also avoid intercourse for 24 hours prior to the procedure.
- Starting the day before your scheduled procedure you need to drink plenty of water to stay well-hydrated. You do not need to fast
- Avoid alcohol the day before the procedure
- We recommend you shower the morning of the procedure
- You may drive yourself to the procedure and afterwards. There will be minimal lingering discomfort.
- If a mild anti-anxiety medication was prescribed for you prior to the procedure, you will need to have someone drive you to and from your procedure.

What to expect during the MonaLisa Touch vaginal procedure:

The procedure is similar to almost any other vaginal gynecological procedure. It is very similar to a vaginal ultrasound, except for the laser part! A strong lidocaine based numbing cream will be applied prior to the procedure. This will assure that this is a painless process. Before the laser is activated, everyone in the room must wear special eye protection which will be provided. The metal wand used will feel cool initially inserted. You will feel a vibrating sensation. You may experience a tingling sensation and or air puffs during the treatment. These may get stronger near the vaginal opening. There might be a slight sizzle sound during the laser pulse. There might be a slight odor from the vaginal tissue being warmed up. The procedure lasts about 5-10 minutes. An occlusive ointment will be applied after completion of the procedure. A pad will be provided to protect your clothing.

What to expect after the MonaLisa Touch vaginal laser procedure:

Some women experience a watery discharge or light spotting for a day or two. The vaginal area may feel swollen or full. Do not put anything inside your vagina for 48 hours. No tampons or sexual intercourse. When the area feels normal with no discomfort normal activities may be resumed. You may experience an increase in vaginal moisture and lubrication with in the first 1-2 weeks after the first treatment. You will have a one week follow-up appointment after the first treatment. You will be scheduled for 2 additional treatments 6-weeks apart to complete the recommended protocol to achieve the maximum benefits from the MonaLisa Touch procedure.

Post-Procedure Care Instructions

- Your skin may feel sensitive and may be red and swollen. The treated area may be itchy.

- Use cold compresses or cold gel packs (20 minutes on, 20 minutes off) as needed for swelling and discomfort.
- Gently cleanse the area 2-3 times a day with mild soap. Dry area with a hair dryer on low heat instead of wiping with a towel. This is much less abrasive to the tissues.
- Reapply an occlusive ointment (Aquaphor) after each washing and continue to use until your skin is healed.
- You use Motrin or Advil as needed
- Avoid lifting heavy weights or intense physical exercise for 72 hours following the treatment.
- Wear loose, cotton underwear
- Avoid wearing panty hose and tight-fitting pants.

Please call the office with any concerns or questions:

325.690.0620