



MonaLisa Touch™ Post-External Treatment Instructions

It is important to follow Dr. Lane/ Dr. Bergeron's instructions before and after treatment.

- Skin may feel sensitive, itchy, swollen, or look red for the first day.
- Use cold compresses or cold gel packs as needed for swelling and discomfort (20 minutes on, then 20 minutes off).
- You may use some lidocaine gel on the external skin every 3 hours as needed.
- Keep area moist by applying Aquaphor or Vaseline to vulva as needed.
- Wait 1 day before taking a shower or bath, avoid using hot water on the vulva for 7 days.
- Avoid swimming, hot tubs, bicycling, lifting heavy weights or doing intense physical exercise for 7 days following the procedure.
- Refrain from sexual intercourse for 7 days after the procedure.
- Wear loose, cotton underwear, and avoid tight-fitting pants and panty hose.