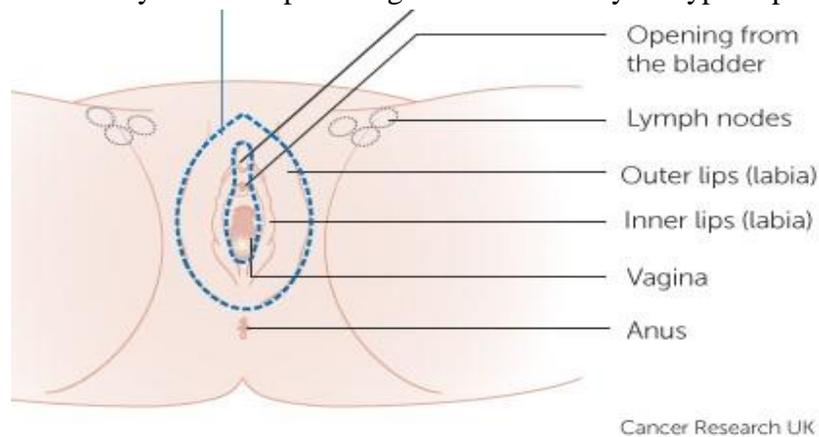


Pre and Post Internal/External Mona Lisa Treatment Instructions

It is important to follow your treatment provider's instructions before and after treatment. After you read the before and after care information below, if you have questions please reach out to a triage nurse at 770-991-2200. We look forward to seeing you soon for your Mona Lisa Touch procedure.

Pre-Treatment Instructions:

- Shower or bathe the morning of treatment, so that the area to be treated is clean.
- Clip or trim long pubic hair in the treatment area (areas within dotted lines). It is not necessary to shave/trim your entire pubic region if this is not your typical practice. See diagram.



- Discontinue any creams, lotions or lubricants 48 hours prior to procedure as they may interact with laser.
 - Only Exception: Apply Reticare cream to vulva, labia, and entrance of vagina (externally only) at least 30 minutes prior to your arrival time on the day of the procedure.
- Remove any intra-vaginal appliance, i.e. estrogen ring, diaphragm, menstrual cup, or piercings prior to presenting to the office for treatment.
- It is recommended that you wear cotton underwear and loose-fitting pants to your procedure appt. You may want to bring a panty liner of your choice, or we can provide one to you.
- If you have a history of Herpes, you may be prescribed antiviral prophylaxis as per physician standard of care.

24-Hour Post Treatment Instructions:

- Skin may feel sensitive, red, swollen, and/or itchy.
- Gently cleanse the area 2-3 times a day with room temperature water; use peri bottle as needed.
- Reapply Reticare ointment after each wash and continue to use until skin is healed.
- Use cold compresses or cold gel packs (20 minutes on; then 20 minutes off) as needed for discomfort.
- Wear loose, cotton underwear.
- Avoid wearing panty hose and tight fitting pants.



Post-Treatment Instructions:

- Aquaphor will be applied prior to patient leaving the office.
- Keep area moist by applying Recticare and/or Aquaphor ointment to the treated area, as needed for pain and irritation.
- Wait 1 day before taking a shower or bath (avoid using hot water on the treated area until healing is complete).
- Avoid lifting heavy weights or doing intense physical activities for 3-4 days following the treatment.
- Refrain from vaginal sexual activity for 7 days after treatment.
- Schedule follow up visits as recommended by your treatment provider. A series of 3 sessions are recommended. Treatment interval is about 6-7 weeks. Maintenance treatment is recommended on an annual basis after the end of the treatment cycle.