

MonaLisa Touch - Pre and Post Treatment Instructions

IMPORTANT: (1) Please alert us of any medical conditions you may have and/or any prescribed medications you are taking prior to your treatment. (2) A pap smear is required 3 to 6 months prior to the procedure. (3) Results can vary from person to person.

CONTRAINDICATIONS: This procedure is contraindicated for those patients who are:

- Pregnant or within 3 months postpartum; or breastfeeding
- Have had an abnormal pap smear
- Vaginal, cervical, or other lesions in the treatment area that have not been evaluated and diagnosed
- Active vaginal or vulvar infection (herpes, candida, HPV, STDs)
- Prolapse beyond hymen
- History of radiation to vaginal/colo-rectal tissue
- History of reconstructive pelvic surgery with "mesh kits"
- History of impaired wound healing
- Take medications that alter wound healing response, such as immunosuppressants
- History of keloid formation
- Known anticoagulation treatment or thromboembolic condition
- Take anticoagulants (ex. blood thinners; Plavix; Coumadin; and the likes)
- Are taking or have taken isotretinoin capsules (Accutane/Sotret, Claravis, Myorisan) within the last six months
- Have seizure disorders triggered by light
- Have Pace maker or defibrillator

PRE-TREATMENT INSTRUCTIONS: *It's important to follow your treatment provider instructions before and after treatment.*

- Please refrain from vaginal sexual activity for 3 days prior to the procedure
- Please do not use any vaginal products (creams, ointments, suppositories, lubricants, tablets, rings (prescribed or not), no douche...NOTHING for at least 3 days prior to the procedure.
- Shower or bathe the morning of treatment, so that the area to be treated is clean
- Area must be clean and dry without traces of cream, lotions, or other substances that may interact with the laser
- Closely clip or trim long pubic hair before treatment
- Dress in loose fitting pants and cotton underwear on the day of the treatment.
- **If you have a history of herpes**, take Valtrex or the generic prescribed by your primary care physician to help prevent an outbreak. The stimulation of the laser treatment might cause an outbreak, so it is a standard recommendation to pre-treat to avoid this possibility. **Begin Valtrex (valacyclovir) 500 mg per day for 5 days prior to and for an additional 5 days after**, each of the three MonaLisa Touch procedure sessions for prevention.
- Schedule all treatments and annual treatment as recommended by Mill Creek Skin & Laser.

POST TREATMENT INSTRUCTIONS: *Many of our patients also receive some treatment to the vestibule and vulva (the entrance and labia minora and peri-clitoral area). These instructions pertain to all the treatment areas:*

- After your treatment, the skin may feel sensitive, red and swollen; and the treated area may be itchy. There may be some fine scabs, blood tinged discharge or discomfort during the healing process.
- Use cold compresses or cold gel packs (20 minutes on; then 20 minutes off) as needed for swelling and discomfort
- Wait one day before taking a shower or bath and avoid using hot water on the treated area until healing is complete.
- Gently cleanse the area 2-3 times a day with plain water, or use only a mild hypoallergenic cleanser for the first 3 days.
- Keep the area moist by applying an occlusive ointment to the treated area (Neosporin). Reapply after each wash and continue to use until skin is healed.
- Itchiness may be intense at times as area heals. You may apply a topical 1% hydrocortisone cream. You may take Zyrtec or Claritin (plain, not with decongestant). In the evening, you can use a plain Benedryl for itching and to help you sleep as Benedryl is sedating.
- Wear loose, cotton underwear.
- Avoid wearing pantyhose and tight-fitting pants.
- Refrain from vaginal sexual activity and inserting tampons or other objects into the vagina for at least 7 days after treatment.
- Avoid lifting heavy weights or doing intense physical exercise for at 3 or 4 days following treatment.
- Most patients resume normal activity as tolerated immediately after procedure.
- ****The possible associated side effects following this procedure may include vaginal spotting, mild vaginal bleeding, pink or brown vaginal discharge, watery vaginal discharge, irritation, burning upon urination, and discomfort. As the area heals, these may dissipate. ****
- Call 425.316.8200 if you have any questions or concerns.

Patient Name (Print)

Patient Signature

Date

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Hours: Tuesday-Saturday 10:00 AM-6:00 PM

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