



MonaLisa *Touch*

Post-Procedure Instructions

Immediately Post-Procedure:

- Apply cold compresses or cold gel packs to the lased areas for 20 minutes
- Apply occlusive ointment before patient leaves office (Aquaphor)
- Schedule follow up visits

Patient Post-Procedure Instructions:

- Keep area moist by applying occlusive ointment (Aquaphor) to the lased area and reapply ointment after each wash and continue to use until tissue has fully healed
- Gently cleanse the are 2-3 times a day with sterile saline or a mild, hypoallergenic cleanser
- Wait 1 day before taking a shower or bath (avoid using hot water on the lased area until healing is complete)
- Skin may feel sensitive and may be red and swollen and the lased area may be itchy
- Use cold compresses or cold gel packs (20 minutes on, then 20 minutes off) as needed for swelling and discomfort
- Avoid lifting heavy weights or doing intense physical exercise for 2-3 days following the procedure
- Refrain from sexual intercourse for 2-3 days after the procedure
- Wear loose, cotton underwear
- Avoid wearing panty hose and tight-fitting pants