

## MonaLisa *Touch*

# Pre-Procedure Preparation

### Pre-Procedure Recommendations:

- Shower or bathe the morning of the procedure, so that the area to be lasered is clean
- Understand and sign a Consent to Lase Form
- Closely clip or shave the vulvar area before your procedure
- Dress in loose fitting pants and cotton underwear on the day of the procedure
- Your care provider may apply topical anesthetic to the vulvar area prior to lasing to minimize discomfort
- Purchase supplies and medications needed for post-procedure care before the procedure date
- Patient supplies needed:
  1. Moisturizing occlusive ointment, such as Aquaphor Healing Ointment
  2. Gentle, hypoallergenic skin cleaner
  3. Cold gel packs
  4. Patient prescriptions as directed by physician: antiviral and/or others

### What to Expect 24 Hours Post-Procedure:

- Skin may feel sensitive and may be red, swollen, and itchy- use cold packs as needed, keep lasered area clean and reapply Aquaphor as needed
- Wear loose, cotton underwear; avoid panty hose or tight-fitting pants
- Avoid lifting heavy weights or doing intense physical exercise for 2-3 days following procedure
- Refrain from sexual intercourse for 2-3 days after the procedure