

Boulder Women's Clinic

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303-444-5110

Pre-Treatment Instructions for the MonaLisa Touch

- Shower or bathe the morning of treatment, so the area to be treated is clean.
- Clip or trim long pubic hair
- Avoid tampons, douching, sexual intercourse, vaginal creams or anything inside the vagina 48 hours before your procedure and 48 hours afterwards
- You cannot have abnormal vaginal bleeding, vaginal discharge, a yeast infection, a bacterial infection, or active genital herpes the day before or the day of your procedure. You will need to be treated for any of these symptom before you undergo the MonaLisa Touch procedure
- If you have had a vaginal mesh procedure you may not be a candidate for this procedure. Please talk to your provider about this prior to your appointment

Pre-Treatment Instructions for External Treatments and for Lichen Sclerosus

- Same as above
- Shave or Clip all vulvar hair off

Post-Treatment Instructions

- Avoid tampons, douching, sexual intercourse, vaginal creams or anything in the vagina for 7 days after the procedure
- Wear loose, cotton underwear
- Use cold compress 20 minutes on: 20 minutes off as needed for swelling and discomfort
- For external treatment, keep area moist by applying a barrier ointment (Vaseline, Aquafor, A&D ointment) to the treated area as needed for healing. 4-5 times per day for 24-48 hours
- Schedule follow up treatment in 6 weeks for treatments #2 and #3

Vaginal Dilators: <https://www.vaginismus.com/products/dilator> set

How to use vaginal dilators: <https://www.pelvicexercise.com.au/vaginal-dilators/?v=7516fd73adaa>