



Vaginal Rejuvenation Post Treatment Instructions

Post treatment for external vulvar rejuvenation

- Your skin may feel sensitive, red and swollen for a couple of days following treatment. Beginning 2 hours after treatment, use cool compresses or gel packs, 20 minutes on/20 minutes off, as needed for any swelling or discomfort.
- Use lidocaine, Aquaphor, or 1% hydrocortisone ointment externally as directed as needed in sensitive or itchy areas.
- Wear loose cotton underwear.
- Avoid excessive heat exposure or hot baths/showers to the treated area for the first 24 hours.
- Gently cleanse the treated area 2-3 times a day with a mild, hypoallergenic cleanser and reapply Aquaphor until the area is completely healed.
- Avoid wearing tight fitting pants or panty hose for the first 2-3 days.

For internal vaginal rejuvenation

- Vaginal rest for 7 days is recommended, that is nothing in the vagina for 7 days (sexual activity, tampons, etc)
- Avoid strenuous physical activity or heavy lifting for 5 days.
- Gently cleanse the external area with a mild, hypoallergenic cleanser twice a day.
- Wear a light days panty liner and change often if there is a slight discharge, which should be clear but might contain slight blood streaks and should resolve within 2-3 days.