

Contraindications

- Vaginal, cervical or other undiagnosed lesions
- Active vaginal infection such as herpes, candida, STD's
- Pregnant or within 3 months postpartum
- Service uterine prolapse
- History of radiation to vaginal or colo-rectal tissue
- History of reconstructive or pelvic mesh surgery
- History of impaired wound healing or keloid formation
- Having a known anticoagulation or thromboembolic condition

Mona Lisa Pre-Treatment Guidelines

- A Gynecology appointment with documented normal pap smear within one year is required prior to treatment
- Shower or bath the morning of the procedure, so that the area to be is clean.
- The inside of the vaginal canal needs to be dry prior to treatment. No creams, gels, ointments a few days prior to treatment.
- All pubic hair needs to be removed by shaving or laser prior to treatment
- Understand and sign a Consent to Laser form.

Mona Lisa Post-Procedure Instructions

- Apply cold compresses or cold gel packs to the laser area for 20 minutes, 20 minutes off as needed during the healing process for swelling and discomfort
- Wait 1 day before taking a shower or bath and avoid using hot water until healing is complete

Mona Lisa Pre- & Post-Treatment Instructions

- Apply occlusive ointment to the external treated area and reapply after each wash until tissue has fully healed
- Gently cleanse the area 2-3 times per day with sterile saline or mild cleanser
- Refrain from vaginal sexual activity for at least 7 days after the procedure. Healing times vary on severity of disease. Up to 2 weeks might be necessary
- Do not insert anything into the vagina after the procedure for up to 2 weeks
- Skin may feel sensitive and may be red and swollen or itchy
- Avoid lifting heavy weight or intense physical exercise for 3-4 days following the procedure
- Wear loose cotton underwear and avoid tight fitting pants and panty hose
- Most patients resume normal activity as tolerated immediately after the procedure.
- Wait 4 weeks before your next treatment
- Call, email or message The Med Spa for any concerns immediately, Dr Adams or a member of the staff will address your problem.