



## Post Care Instructions

### **Possible side effects and post treatment indications**

Only a small percentage of patients reported transitory side effects, such as slight reddening or light swelling immediately after a session, which normally resolve in a day or two of rest.

Some patients may experience Thrush post treatment. Only oral Thrush medication are recommended (no vaginal treatments or topical creams). Thrush medication can be purchased over the counter from a chemist.

The following may rarely occur;

- Slight blood leakage that resolves in the 24 hours following treatment and does not require any type of treatment.
- In patients with low immune defenses (from whatever origin), it may occur that the immune response to the inflammation induced by the treatment is more evident than normal and may lead to swelling of the inguinal lymph nodes. You should be informed of this eventuality to avoid needless concern.

### **Post-Treatment Instructions**

For a minimum of three (3) days after the treatment it is important that you:

- Avoid any sexual activity.
- Avoid hot baths, spa baths or chlorinated pools, lifting heavy weights or strenuous exercise.
- Wear underwear made of natural fibers that is not too tight fitting.
- Avoid tights and tight-fitting trousers to allow the treated area to breathe as much as possible.

For external vulval treatments

- A fragrance-free, soap-free wash (such as Cetaphil or QV wash) can be used when showering.
- A vinegar solution can be applied to area (see below for solution instructions).
  - Dip a clean, soft wash cloth into vinegar solution and place the wet cloth against your skin, gently press to ensure the vinegar solution wets the skin.
  - Rinse and repeat for 10 to 15 minutes.
  - Dry gently with a clean, soft towel.
  - Repeat this every 2 hours for the first 3 days, then every 4 hours for the next 4 days if required.

Vinegar Solution: Mix 1 Teaspoon of plain white vinegar to 2 cups of water. Solution may be mixed up ahead of time and kept in the refrigerator. Tip: put some of the solution in a clean and empty spray bottle and spray onto treated area to hydrate and cool down your skin.

### **Follow up Care**

One of our nurses will contact you 1-2 days after your treatment to assess your recovery. If you have any concerns following your treatment, please contact Complete Skin Solutions and Specialist Centre on 07 4928 9495.

If you require assistance after hours, please contact your general practitioner.

### **Treatment frequency**

The results of the treatment are generally evident within thirty (30) days of the first session. Normally, it is advisable to do a complete cycle of three (3) sessions with intervals of about 30-60 days. The number of sessions can however be changed depending on the degree of vaginal atrophy or laxity to the treated.

A thorough gynaecological examination will establish the most suitable therapeutic plan.

It is advisable to do 1-2 maintenance sessions about a year after the end of the treatment cycle.

#### Reference:

Monalisa Touch – Patient Consent – 2015-04, provided by High Tech Laser

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