**Mona Lisa Touch**

**Post-External Treatment Instructions**

It is important to follow Dr. Lane’s instructions before and after treatment.

• Skin may feel sensitive, itchy, swollen or look red for the first day.

• Use cold compresses or cold gel packs as needed for swelling and discomfort (20 minutes on then 20 minutes off).

• You may use some lidocaine gel on the external skin every 3 hours as needed.

• Keep area moist by applying Aquaphor or Vaseline to vulva as needed.

• Wait 1 day before taking a shower or bath; avoid using hot water on the vulva for 7 days.

• Avoid swimming, hot tubs, bicycling, lifting heavy weights or doing intense physical exercise for 7 days following the procedure.

• Refrain from sexual intercourse for 7 days after the procedure.

• Wear loose cotton underwear and avoid tight fitting pants and pantyhose.

•Feel free to call us at any time. We want you to be as comfortable as possible after your procedure. 303.776.5820.