

## RECOMMENDED PRE & POST CARE FOR JULIET TREATMENTS

*For best results please follow these instructions*

### BEFORE YOUR TREATMENT:

- Area should be washed and cleanly shaven shortly before treatment. Refrain from intercourse for 24 hours prior
- Notify clinic with any changes to your health history or medications since your last appointment
- Vaginal exam performed in past year, PAP within insurance guidelines (please bring a copy to appointment)
- Clear of any infection in treatment area for 6 months, and other areas for 2 months
- Speak with your physician for medical treatment clearance for any past or on-going health issue or disease still being managed (cancer, autoimmune)
- Must be at least 1 year after all chemotherapy, radiation, Accutane treatments, and cleared by your managing physician
- Notify clinic of any of the following as treatments should not be performed if you have:
  - Bleeding/sores in the treatment area, excessive or abnormal discharge
    - Active menstruation cycle/spotting
    - Abnormal pap-smear within the last 6 months
    - Possible pregnancy

### AFTER YOUR TREATMENT:

- Over-the-counter pain medication is recommended if you experience minor pain/discomfort post-treatment
- Refrain from intercourse for at least 72 hours post-treatment
- Spotting and/or watery or milky discharge may be present for 3-4 days post-treatment, liners and pads can be worn, but changed often.
- Avoid hot tubs, baths or swimming for a few days post-treatment
- Ablative treatments to external vagina:
  - Skin will be sensitive for a few days
  - Do not apply skin irritants to the area for a few days, use fragrance free mild soaps
  - Do not shave, wax or use depilatory creams for 7 days
  - Apply aloe vera gel or aquaphor to outer vulva for comfort
  - Some crusting in the area for a few days is normal, keep moist with aloe vera gel, or aquaphor
  - Avoid sun exposure in the area for a few days
- Notify clinic of any concerns (blistering, excessive redness/swelling, uncontrollable itching, etc.)
- Rebook your follow up 4 to 6 weeks post treatment to evaluate results and possible further treatments

Additional instructions: \_\_\_\_\_

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