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## FemTouch Pre and Post Treatment Instructions

### Pre-treatment recommendations for *internal treatment*:

- No treatment is possible if the patient is on their menstrual cycle.
- Patient must have a normal pap smear from the past year performed by a medical professional.
- Shower or bathe the morning of treatment.
- Area must be clean and dry; do not apply creams, lotions or other substances as they may interact with the laser.
- Clip or trim long pubic hair.
- No sexual intercourse 48 hours prior to treatment.

### Post-treatment information and instructions for *internal treatment*:

- Refrain from sexual activity for 72 hours after treatment.
- Most patients resume to normal activity as tolerated after treatment.
- An itching sensation following the procedure is possible and can be relieved with vaginal hydrating gel.
  - Vaginal hydrating gel may be prescribed as per your provider's discretion to sooth the vaginal lining.
- Possible associated side-effects following the treatment may include:
  - Vaginal spotting, mild vaginal bleeding, pink or brown vaginal discharge, irritation, burning upon urination and discomfort.
- A transient inflammatory reaction is expected after the procedure (e.g. sensation of heat, possible burning and minor bleeding in the treated area). It is usually resolved within 24 hours and does not last more than 72 hours.
- If you have genital herpes, an outbreak is rare, but is a possible side-effect. Call the office should this occur as an adequate antiviral medication will be required.
- Avoid heat exposure in the treated area (such as hot shower, hot bath, sauna, steam room, or hot yoga).
- Call the office with any other symptoms that are elicited by the procedure and are not resolved within 24 hours.

**Please call our office if you have any questions or concerns.**