

## Pre / Post Care of CO2RE Intima

It's important to follow your treatment provider instructions before and after treatment.

### **INTERNAL Treatment**

#### Pre – Treatment Recommendations

Shower or bathe the morning of treatment, so that the area to be treated is clean

Area must be clean and dry without traces of cream, lotions, or other substances that may interact with the laser

Clip or trim long pubic hair

#### Post – Treatment Instructions

Schedule follow up visit as recommended by your treatment provider

Refrain from vaginal sexual activity for 48 hours after treatment

Most patients resume normal activity as tolerated immediately after procedure.

\*\*The possible associated side effects following this procedure may include vaginal spotting, mild vaginal bleeding, pink or brown vaginal discharge, watery vaginal discharge, irritation, burning upon urination, and discomfort. As the area heals, these may dissipate. \*\*

### **EXTERNAL Treatment**

#### Pre – Treatment Recommendations

Shower or bathe the morning of treatment, so that the area to be treated is clean

Shave the vulvar area before your treatment

Dress in loose fitting pants and cotton underwear on the day of treatment

#### Post- Treatment Instructions

Schedule follow up visit recommended by your treatment provider

Refrain from vaginal sexual activity for 7 days after treatment

Keep area moist by applying occlusive ointment to the treated area

Wait 1 day before taking a shower or bath (avoid using hot water on the treated area until healing is complete.)

## Patient 24 Hours Post Treatment Instructions

Skin may feel sensitive and may be red and swollen and treated area may be itchy

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

Gently cleanse the area 2-3 times a day with sterile saline or a mild, hypoallergenic cleanser

Reapply occlusive ointment such as Aquaphor after each wash and continue to use until skin is healed.

Avoid lifting heavy weights or doing intense physical exercise for 3-4 days following the treatment

Refrain from sexual intercourse for a week (7 days) after the treatment.

Wear loose, cotton underwear

Avoid wearing panty hose and tight-fitting pants