



Preparing for your Mona Lisa Touch Procedure

Instructions before treatment:

- Shower or bathe the morning of treatment, so that the area to be treated is clean
- **Closely clip or trim long pubic hair**
- If you have a history of genital Herpes, let the office know so you can start acyclovir before treatment. An active Herpes lesion will require cancellation of your treatment
- Discontinue use of any vaginal creams and lubricants for 48 hours prior to treatment
- Avoid sexual intercourse for 48 hours prior to treatment
- Remove any intravaginal appliances (estrogen ring, diaphragm etc)
- Area must be clean and dry without any traces of creams, lotions, lubricants or other substances that may reduce the efficacy of the treatment (EMLA cream will be completely wiped away by physician before treatment)
- **Apply the prescribed EMLA cream**, generously, to the labia minora and majora about 30 minutes before your appointment time. If you prefer, our office will apply for you but it will require 15-20 minutes of application time before treatment can be performed.

When you arrive at the office:

- Fill out a symptom questionnaire
- Read and sign a consent form for the procedure
- Schedule follow up visits

What will happen immediately after your treatment:

- Depending on your condition, a cold gel pack will be placed in the treated area

Instructions for after your treatment (first 24 hours):

- Skin may feel sensitive and may be red and swollen and treated area may be itchy
- Avoid using hot water on the treated area while skin is sensitive
- Gently cleanse the area 2-3 times a day with warm water or a mild cleanser
- As needed, for comfort:
 - You can take up to 600 mg of ibuprofen (Advil, Motrin) every 6 hours
 - You can apply a cold compress as needed
 - You can protect the area from friction by applying Aquafor or Vaseline

Instructions for after your treatment (first week):

- Avoid vigorous physical exercise and sexual intercourse for 2-4 days after treatment
- Wear loose, cotton underwear
- Avoid wearing panty hose and tight-fitting pants

Patient Signature _____ Date _____



Application of EMLA Cream

A prescription for EMLA cream will be sent to your pharmacy. EMLA is a mix of prilocaine and lidocaine and prescriptions are usually covered by insurance. If you find it expensive, use GoodRx.com to find a coupon for your local pharmacy with average cost being around \$20 for a 30g tube (more than enough for 3-5 treatments).

It is best if you apply it to your vulva about 30 minutes before your appointment time. The effect lasts at least 2 hours from time of application. If you are uncomfortable applying it yourself, bring **your tube** of EMLA cream with you to your appointment. After our staff applies the cream, you will need to rest for 15-20 minutes before we can initiate treatment. If applying at home, you can safely use a generous amount to cover the total area as pictured below:

