



Post Treatment Instructions Vaginal Rejuvenation – FemTouch

- Pelvic rest for 72 hours after procedure. (i.e., no intercourse or any activity in the pelvic region, nothing in the vagina)
- Avoid submerging the area in water for the first 3 days. No baths, no hot tubs, but showers are O.K.
- Treated area can be kept moist using a vaginal moisturizer. We recommend using Luvena (can be purchased over the counter at CVS) and it can be applied up to one week after treatment to soothe the vaginal lining.
- It is normal to have some swelling and discomfort after the treatment. RectiCare, a 5% lidocaine, can be purchased over the counter and applied to the area, as needed.
- Three sessions are required to complete the full treatment. The treatment sessions should be scheduled six weeks apart.
- Maintenance treatments are suggested yearly.

You may experience some of the following post treatment side effects, which are only temporary and should subside within a few days:

- Itching
 - Redness
 - Swelling
 - Inflammation
 - Tenderness
 - Irritation
 - Burning upon urination
 - Spotting
 - Mild vaginal bleeding
 - Pink or brown vaginal discharge
 - Mild-to-profuse watery vaginal discharge
 - Discomfort
- Call our office if you have prolonged pain or discomfort, or excessive bleeding, beyond 72 hours.

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