



## SmartXide Touch<sup>®</sup> Pre- and Post-Internal Procedure Instructions

It is important to follow your provider's instructions before and after the procedure.

### Pre—Procedure Recommendations

- Shower or bathe the morning of the procedure, so that the area to be lasered is clean.
- Clip or trim long pubic hair as advised by your clinician
- Understand and sign a Consent to Lase form

### Post-Procedure Instructions

- Schedule follow up visits as recommended by your provider
- Refrain from vaginal sexual activity for 48 hours after the procedure
- Do not insert anything in to the vagina 48 hours after the procedure
- Most patient resume normal activity as tolerated immediately after procedure

If you have any questions about these instructions or the procedure, please contact us at 949-748-3880.



## SmartXide Touch<sup>®</sup> Pre-External Procedure Instructions

It is important to follow your provider's instructions before and after the procedure.

### Pre-Procedure Recommendations

- Shower or bathe the morning of the procedure, so that the area to be lasered is clean.
- Understand and sign a Consent to Lase form
- Closely clip or trim the vulvar area before your procedure
- Dress in loose fitting pants and cotton underwear on the day of the procedure
- Your care provider may apply topical anesthetic to the vulvar are prior to lasing to minimize discomfort
- Purchase supplies and medications needed for post-procedure care before the procedure date.
- Patient supplies needed
  - Moisturizing occlusive ointment, such as Aquaphor<sup>®</sup> Healing Ointment or Vaseline<sup>®</sup> ointment
  - Gentle, hypoallergenic skin cleanser
  - Cold gel packs
  - Patient prescriptions as directed by physician: antiviral and/or others

### What to Expect 24 Hours Post Procedure

- Skin may feel sensitive and may be red and swollen and the lasered 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 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 procedure
- Refrain from sexual intercourse for a week after the procedure
- Wear loos, cotton underwear
- Avoid wearing panty hose and tight-fitting pants



## SmartXide Touch<sup>®</sup> Post-External Procedure Instructions

It is important to follow your provider's instruction before and after the procedure.

### Immediately Post-Procedure

- Apply cold compresses or cold gel packs to the lased area for 20 minutes
- Apply occlusive ointment before patient leaves office
- Schedule follow up visits

### Patient Post-Procedure Instructions

- Keep area moist by applying occlusive ointment to the lased area and reapply ointment after each wash and continue to use until tissue has fully healed
- Gently cleanse the area 2-3 times a day with sterile saline or a mild, hypoallergenic cleanser
- Wait 1 day before taking a shower or bath (avoid using hot water on the lased area until healing is complete)
- Skin may feel sensitive and may be red and swollen and the lased area may be itchy
- Use cold compresses or cold gel packs (20 minutes on; then 20 minutes off) as needed for swelling and discomfort
- Avoid lifting heavy weights or doing intense physical exercise for 3-4 days following the procedure
- Refrain from sexual intercourse for a week after the procedure
- Wear loose, cotton underwear
- Avoid wearing panty hose and tight-fitting pants

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