



FEM TOUCH VAGINAL REJUVENATION

Pre-Treatment Instructions

- Please make sure you have had a normal pap smear within 1-3 years of the procedure and have clearance from your OB/GYN

Post-Treatment Instructions

- Complete Vaginal Rest for 72 hours
- Avoid heat exposure in the treated area (such as a hot shower or sauna) for 72 hours
- Avoid use of feminine douche and refrain from sexual activity for 72 hours
- Avoid strenuous exercise for 48 hours
- Use a panty liner for 24 hours as there may be some discharge
- A transient inflammatory reaction is expected after the procedure (e.g. sensation of heat). Usually, it is resolved within 24 hours and does not last more than 72 hours