



FemTouch Treatment Guidelines

***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 4 days after your treatment to decrease risk of infection. This includes avoiding sexual activity, douching or tampon use. You may feel normal but your vaginal epithelium is still healing.
- Avoid heat exposure in the treated area (such as a hot tub or sauna) 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.