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CO²RE INTIMA

Pre-Treatment Care Instructions

- You cannot be actively menstruating at the time of treatment.
- If prescribed start your Valtrex medication the day before your treatment (if prescribed).
- If you're having the external treatment, hair should be shaved in the treatment area (do not remove by waxing or depilatory).
- No aspirin, Advil, Aleve, or similar medications for 7 days before treatment (Tylenol is OK).
- If you are on a prescribed anticoagulant, discuss with your doctor in advance.
- Bring a list of all your medications with you.
- Arrive with clean skin. No lotion, powder, oils or other products on the area to be treated.
- No tanning or self-tanners for 2 weeks before treatment.

Pre-Treatment Care Instructions (Internal)

- You may have light spotting, mild burning, itching, or mild cramping for a few days.
- You may take Tylenol as usual for discomfort.
- Do not have intercourse for 1 week.
- Do not insert tampons or anything else into the vagina for 1 week.
- Do not use douche, cleanser, suppositories, or any other products in the vagina for 1 week.
- No Jacuzzis, tub baths, or swimming for 1 week.

Pre-Treatment Care Instructions (External)

- Expect redness, swelling, a burning sensation, and itching.
- Wash your skin with a gentle cleanser twice a day and pat dry (do not scrub).
- Apply Aquaphor as needed for comfort.
- You may apply an ice pack and take Tylenol as needed for discomfort.
- Keep yourself well hydrated.
- No tanning or self-tanning cream.
- No heavy exercise for 1 week.

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