



CO₂RE INTIMA PRE- + POST-PROCEDURE PATIENT INSTRUCTIONS

PRE-PROCEDURE INSTRUCTIONS

- You should have an up-to-date normal PAP test within the past 18 months and recent normal vaginal exam to ensure that there are no active infections.
- It is recommended that you use anti-viral medication for prophylaxis prior to treatment if you have a history of HSV.
- Hair should be shaved in the treatment area the day prior to the procedure. The hair should not be waxed or chemically removed.
- Avoid anticoagulants such as aspirin throughout the treatment regimen, if medical condition permits and pertinent to physician approval. Anticoagulants increase the possibility of bruising.

SUPPLIES YOU WILL NEED AT HOME

Aquaphor or A&D Ointment
Hydrocortisone

POST-PROCEDURE INSTRUCTIONS

- After the treatment you may apply a water based lubricant, Aquaphor or A&D Ointment.
- Gently cleanse the area with mild soap and water twice per day.
- There may be slight itching during the healing process. Apply Hydrocortisone 1% (over the counter) twice daily until resolved.
- Avoid sexual intercourse for 7 days.
- No tampon use for 7 days.
- No tub baths, Jacuzzis, or swimming until skin is completely healed.
- No douching for 7 days.
- There are no restrictions on bathing except to treat the skin gently, avoid scrubbing or trauma to the treated area.

If you have questions or concerns after business hours following a procedure, please call us at **802-861-2273** and push **option 2** to be connected to our answering service. **For a true medical emergency, call 911.**