



## CO<sub>2</sub>RE 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 5** to be connected to our answering service. **For a true medical emergency, call 911.**