

INCONTILASE/INTIMALASE

Post-Treatment Instructions

- No special care of medication or accessories is required. You may resume your daily routine immediately after treatment.
- There may be mild swelling, irritation or redness to the treated area, this will resolve within 48 hours.
- Some patients may experience an increased volume of vaginal discharge, and /or slight bleeding for 48 hours after treatment. If discharge becomes foul smelling or persists for over 7 days call to book a follow up appointment sooner.
- Take care to prevent trauma to treated area.
- Abstain from intercourse or tampons for 1 - 2 weeks following the treatment.
- Avoid activities that increase pressure on bladder and treatment area for one month. For example, heavy lifting, jumping, bouncing exercise or strenuous physical activity is not recommended.
- 2 - 3 treatments one month apart are recommended for optimal results.

Please contact True Balance if you have any questions or concerns following your treatment - we are always happy to help!

Thank you for choosing True Balance Medical Spa. To provide our guests with the best experience possible, we kindly request that a minimum 24 hours' notice is provided if unable to make an appointment; cancellation or no-show fees may apply. We look forward to seeing you soon!