

MONALISA TOUCH

Post-Treatment Instructions

- Wait 1 day before taking a shower or bath (avoid using hot water on the treated area until healing is complete).
- Reapply Aquaphor after each wash and continue to use until skin is healed.
- Avoid lifting heavy weights or doing intense physical activities for 3-4 days following the treatment.
- Use cold compresses or cold gel packs (20 minutes on; then 20 minutes off) as needed for discomfort.
- Gently cleanse the room temperature water.
- Refrain from vaginal sexual activity for 7 days after treatment.
- Schedule follow up visits as recommended by your treatment provider.
- A series of 3 sessions are recommended. Treatment interval is about 6-7 weeks. Maintenance treatment is recommended on an annual basis after the end of the treatment cycle.

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!