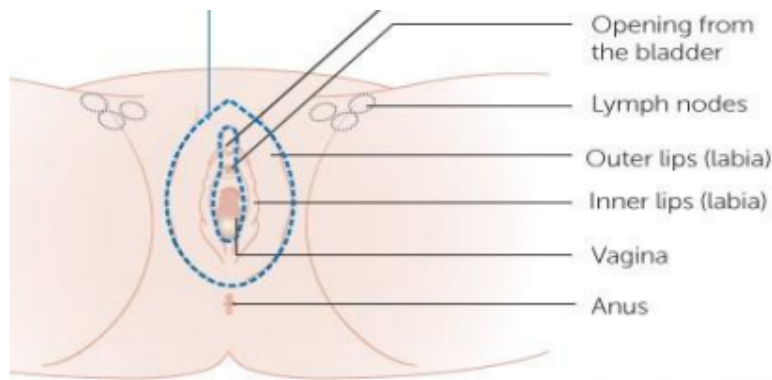


MONALISA TOUCH

Pre-Treatment Instructions

- Shower or bathe the morning of treatment, so that the area to be treated is clean.
- Clip or trim long pubic hair in the treatment area (areas within dotted lines). It is not necessary to shave/trim your entire pubic region if this is not your typical practice. See diagram:



Discontinue any creams, lotions or lubricants 48 hours prior to procedure as they may interact with laser.

- Remove any intra-vaginal appliance, i.e. estrogen ring, diaphragm, menstrual cup, or piercings prior to presenting to the office for treatment.
 - Numbing cream will be applied, to the outer and inner labia.
- Skin may feel sensitive, red, swollen, and/or itchy.
- Aquaphor will be applied prior to patient leaving the office.
- Use cold compresses or cold gel packs (20 minutes on; then 20 minutes off) as needed for discomfort.
- Wear loose, cotton underwear.
- Avoid wearing panty hose and tight-fitting pants.
- You may want to bring a panty liner of your choice, or we can provide one to you.

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!