



**COURI CENTER**  
for Gynecology and Integrative Women's Health

**MonaLisa Touch® Post-*Internal* Treatment Instructions**

MonaLisa Touch® Laser stimulates new collagen production which helps promote improved gynecological health.

**Possible side effects associated with the laser treatment are:**

- Vaginal spotting or mild vaginal bleeding.
- Pink, brown or watery vaginal discharge.
- Burning with urination.
- Vaginal irritation or discomfort.

**Post-treatment Instructions:**

- Refrain from exercise and sexual activity for 7-days after treatment.
- Most patients resume normal activity, as tolerated immediately after procedure.

If you have any questions about these instructions or the procedure, please call the Couri Center at 309-692-6838.



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**MonaLisa Touch® Post-External Treatment Instructions**

The MonaLisa Touch® Laser stimulates new collagen production which helps promote improved vulvar health.

**Possible side effects associated with the laser treatment are:**

- Skin may feel sensitive and may be red, swollen, inflamed and tender.
- Skin may have pinpoint bleeding.
- Burning sensation and/or burning with urination.
- Treated area may be itchy.

**Post-Treatment Instructions:**

- Refrain from exercise for 3-4 days after treatment.
- Refrain from sexual activity for 7 days after treatment.
- Use cold compresses or gel packs (20 minutes on; 20 minutes off) as needed for swelling and discomfort.
- Gently cleanse the area **2-times** daily **for 3 days** with hypoallergenic cleanser like unscented Dove or Ivory soap.
- Apply occlusive ointment such as **Aquaphor®** or **Recticare®** (available over the counter, at most pharmacies) after each wash and as needed for discomfort.
- Wear loose cotton underwear; avoid wearing pantyhose or tight fitting pants.

If you have any questions about these instructions or the procedure, please call the Couri Center at: 309-692-6838.