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## **Pre & Post Treatment Instructions**

### **CO2RE Intima**

The treated area must be treated with care. **BE GENTLE!** Do not scratch or pick at your skin

Thank you for scheduling your CO2RE Intima treatment with our practice.

Below you will find pre and post care instructions to help you prepare for your treatment. If you have any pre-treatment questions, please feel free to reach out in advance, or you may discuss the day of treatment with your provider.

#### **PRE-TREATMENT PREPARATIONS**

- Have an up-to-date normal PAP test and recent normal vaginal exam to ensure that there are no active infections
- Discuss with your provider the use of Acyclovir or Valcyclovir for prophylaxis prior to treatment
- Avoid sexual activity within 24 hours of the treatment
- Avoid scheduling treatment during your menstrual cycle
- 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.

#### **POST-TREATMENT GUIDELINES**

1. After the treatment you may apply a water-based lubricant or Aquaphore
2. Gently cleanse the area with mild soap and water twice per day
3. Avoid sexual intercourse for 7 days
4. No tampon use for 7 days
5. No tub baths, Jacuzzis, or swimming until skin is completely healed. No douching for 7 days.

## **Warning**

There may be some degree of swelling immediately post treatment; however, if you have excessive swelling or any of the following signs of infection, you should contact the office immediately. Signs of infection include:

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater

For any questions or concerns, please contact us by phone, or by our online patient platform Klara. If you need to provide additional information such as photos, you may use the attachment button (small paperclip) in the bottom right corner of your app. This will take you directly to your photo gallery of your device.